



SEPTEMBER 2016

MENU

Under 60: \$6.00 Charge
 60 and Over: \$2.00 Donation
 Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Join us for <i>Café Bienvenue</i> offering choices of soup and salad bar menu. Please contact your nearest site location for more information regarding midday meal schedules and Meals on Wheels programs</p>			<p>1 Turkey, Sweet Potatoes, Cauliflower, Roll, Pudding**</p>	<p>2 Brunch Belgium Waffles, Strawberries, Yogurt, Juice, Sausage,</p>
<p>5 Closed Labor Day</p>	<p>6 . Pub Burger, Onion Gravy, Creamed Corn, Mashed Potato, Pudding**</p>	<p>7 Chicken Parmesan Pasta Green and Wax Beans Pineapple and Mandarin Oranges</p>	<p>8 Grandparents Day Lunch Roast Pork w/ Marsala and Mushroom Sauce Red Bliss Potatoes, Fresh Zucchini Grandmas Cookie**</p>	<p>9</p>
<p>12 Hot Dog Baked Beans , Cole Slaw, Brown Bread, Cong-On Roll, Peaches</p>	<p>13 Chicken A La King Brown Rice Carrots Hot Spicy Pears</p>	<p>14 Pot Roast w/ Gravy Mashed Potatoes Peas Oatmeal Cookie**</p>	<p>15 End Of Summer Picnic - Sliced Turkey pasta Salad w/veg Beet Salad Roll, Fruit Cup</p>	<p>16 Brunch – Omelet w/Cheese, Ham Slice, Biscuit, Potato, Juice</p>
↓	S E N I O R	↓	C E N T E R	↓
<p>19 Chicken Florentine Wild Rice , Green Beans Fruit Cocktail</p>	<p>20 Pork Stew(pork, potatoes, onions, spices, sauce)Biscuit, Peas Roll, Tropical Fruit Cup</p>	<p>21 Spaghetti w/Sauce Meatballs Broccoli, Pears</p>	<p>22 Open House Stuffed Chicken, Gravy, Red Bliss Potatoes, Butternut Squash, Roll, Apple Crisp**</p>	<p>23</p>
<p>26 Creamed Hamburger Mashed Potatoes Dinner Roll, Carrots Pudding**</p>	<p>27 BBQ Chicken Western Potatoes Corn, Oatmeal Cookies**</p>	<p>28 American Chop Suey Green Beans French Bread Orange</p>	<p>29 Swedish Meatballs Rice, Garden Blend vegetables, Pineapple</p>	<p>30</p>

*Lower Sodium Meal

**Diet Substitute

Each meal provides one third of the USDA required daily allowance of nutrients.

Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs.

Alton875-7102	Horseshoe Pond Place228-6956	Pittsfield.....435-8482
Belmont267-9867	Laconia524-7689	Suncook.....485-4254
Concord M.O.W.225-9092	Mountain View938-2104	Tilton.....527-8291
		TRIP (Franklin).....934-4151

For additional information contact Community Action Program Belknap-Merrimack Counties, Inc., Elder Services at 603-225-3295