

LINDLEY FOOD SERVICE

Elder Services of the Merrimack Valley
AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken Marsala over Bowtie Pasta Garlic Green Beans Natural Grain Bread Rice and Raisin Pudding</p>	<p>4 Tuna Pasta Salad Cucumber and Cucumber Salad Spinach Salad with Mandarin Oranges Soft Sandwich Roll Seasonal Fresh Fruit</p>	<p>5 Penne Pasta with Meatballs in Tomato Sauce Buttered Peas Carrots Oatmeal Bread Chocolate Chip Cookie</p>	<p>6 Beef Burgundy Stewed Tomatoes with Zucchini Sliced Red Bliss Mashed Potatoes Whole Wheat Bread Mandarin Oranges</p>	<p>7 Baked Pollock Fish with Lemon Sauce Roasted Seasoned Potatoes Corn Niblets Dinner Roll Mixed Fruit</p>
<p>10 Pork Diane Broccoli Cuts Mashed Turnips and Carrots Oatmeal Bread Sliced Peaches</p>	<p>11 Meat Lasagna with Marinara Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit</p>	<p>12 Beef Chili con Chili Sliced Carrots Honey Wheat Roll Oatmeal Cookie</p>	<p>13 <u>AUGUST SPECIAL</u> Broccoli Stuffed Chicken Breast Mashed Potatoes Peas and Onions WW Dinner Roll Blueberry / Strawberry Mousse</p>	<p>14 Tomato Onion Frittata Potatoes O'Brien Red Cabbage with Corn Wheat Bread Seasonal Fresh Fruit</p>
<p>17 Cheese Ravioli with Marinara Sauce Garlic Green Beans Sliced Carrots Oatmeal Bread Raisin Bran Bar</p>	<p>18 Egg Salad on Shredded Lettuce Whole Wheat Pita Half English Pea Salad Seasonal Fresh Fruit</p>	<p>19 Brunswick Stew Deluxe Bean Medley Biscuit Chocolate Cookie</p>	<p>20 <u>HAPPY BIRTHDAY</u> Baked Breaded Chicken Red Bliss Mashed Potatoes Stewed Tomatoes with Zucchini Natural Grain Bread Birthday Cake </p>	<p>21 Eggplant Parmesan Succotash Garlic Green Beans Italian Bread Brownie</p>
<p>24 Shepherd's Pie Peas and Carrots Whole Wheat Bread Sliced Pears</p>	<p>25 Sweet and Sour Chicken Breast With Pineapple Scalloped Potatoes Broccoli and Cauliflower Dinner Roll Seasonal Fresh Fruit</p>	<p>26 Low Sodium Hot Dog Vegetarian Baked Beans Chef Blend Vegetables Whole Wheat Hot Dog Roll Watermelon</p>	<p>27 Turkey Salad over Shredded Lettuce Kidney Bean and Chickpea Salad Coleslaw Garlic Whole Wheat Dinner Roll Oatmeal Cookie</p>	<p>28 Macaroni and Cheese Stewed Tomatoes Baked Cinnamon Apples Rye Bread Ginger Cookie</p>