



Elder Services of the Merrimack Valley September Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 No Meal Service Happy Labor Day	4 Turkey & Cheese Sandwich Beet Salad Pasta Salad Applesauce Whole Wheat Bread	5 Ham & Cheese Sandwich Italian Pasta Salad Tomato & Pepper Salad Gelatin Whole Wheat Bread	6 California Chicken Salad Potato Salad Garden Salad Tropical Fruit Rye Bread	7 Chef Salad w/Turkey Pea Salad Whole Wheat Roll Diet Vanilla Pudding
10 Cottage Cheese & Fruit plate Garden Pasta Salad Fig Bar Snack Loaf	11 Roast Beef & Cheese Sandwich Summer Potato Salad Cucumber & Feta Salad Fresh Fruit Multigrain Bread	12 Chicken Pesto Caesar Salad Garden Pasta Salad Applesauce Whole Wheat Roll	13 Tuna Salad Summer Squash & Red Onion Salad Tri Color Pasta Salad Diet B.Scotch Pudding Rye Bread	14 Turkey & Cheese Sandwich Cauliflower & Carrots Potato Salad Ginger Snaps Multigrain Bread
17 Seafood Salad Lo Mein Salad Coleslaw Mandarin Oranges Oatmeal Bread	18 Chicken Curry Salad Tomato & Red Peppers Corn Salad Mandarin Oranges Oatmeal Bread	19 Roast Beef & Cheese Sandwich Italian Pasta Salad Zucchini Salad Fig Bars Multigrain Bread	20 BBQ Chicken Breast w/Onions & Mozzarella Tri Color Pasta Cauliflower & Carrots Diet Gelatin Hamburger Bun	21 No Meal Service Staff Appreciation Day
24 Egg Salad Three Bean Salad Summer Potato Salad Diet Chocolate Pudding Wheat Bread	25 Roast Beef & Cheese Sandwich Summer Squash Salad Greek Pasta Salad Mandarin Oranges Wheat Bread	26 Chef Salad w/Turkey English Pea Salad Diet Vanilla Pudding Multigrain Bread	27 Chicken Salad Orzo Vegetable Salad Riviera Salad Fresh Orange Oatmeal Bread	28 Tuna Salad Broccoli Slaw Potato Salad Vanilla Wafers Rye Bread

Questions? Contact Nutritionist, Leigh Hartwell 978-651-3023 - Menu Subject to Change Without Notice

A \$2.00 confidential donation is suggested per meal - Donation letters are mailed monthly.

For cancellations, please call: **978-686-1422 at least 24 hours in advance**

