

**Elder Services of the Merrimack Valley and North Shore**  
**Cold Supper Menu - October 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>(All meals served with 4oz juice)</b>			<b>1</b> Turkey Chef's Salad Pasta Salad Pita Bread Applesauce Lorna Doones	<b>2</b> Tuna salad Pea Salad Cucumber Salad Daily Bread Applesauce Juice
<b>5</b> Grilled Chicken Corn Salad Beet Salad Burger Bun Cookie Juice	<b>6</b> Seafood Salad Lentil Salad Marinated Vegetables Fruit Daily Bread Juice	<b>7</b> Cottage Cheese Three Bean Salad Fruit Salad Daily Bread Yogurt Juice	<b>8</b> Egg Salad Pea Salad Vinaigrette Pasta Salad Lorna Doones Daily Bread Juice	<b>9</b> Sliced Ham & Cheese Cucumber Salad Potato Salad Yogurt Daily Bread Juice
<b>Happy Columbus Day No Meals</b>	<b>13</b> Chicken Salad Orzo Salad Zucchini Tomato Salad Burger Bun Juice Applesauce	<b>14</b> Turkey & Cheese Broccoli Salad Lentil Salad Fruit Daily Bread Juice	<b>15</b> Chickpea Pasta Salad Carrot Slaw Yogurt Juice Dinner Roll	<b>16</b> Tuna Salad Potato Salad Garden Salad Cookie Burger Bun Juice
<b>19</b> Turkey Salad Potato Salad Green Beans Daily Bread Juice Lorna Doones	<b>20</b> Cottage Cheese Three Bean Salad Fruit Salad Daily Bread Yogurt Juice	<b>21</b> Ham Salad Pasta Salad Carrot Salad w/raisins Wheat Bread Applesauce Juice	<b>22</b> Diced Chicken Garden Salad Pea Salad Daily Bread Cookie Juice	<b>23</b> Tuna Salad Marinated Vegetables Orzo Salad Fresh Fruit Burger Bun Juice
<b>26</b> Chicken Salad Potato Salad Beet Salad Burger Bun Juice Fresh Fruit	<b>27</b> Egg Salad Lentil Salad Marinated Veg Salad Applesauce Daily Bread Dressing	<b>28</b> Chickpea Pasta Salad Broccoli Salad Yogurt Juice Dinner Roll	<b>29</b> Chicken Salad Orzo Salad Coleslaw Burger Bun Juice Applesauce	<b>30</b> Sliced Ham & Cheese Cucumber Salad Corn Salad Yogurt Daily Bread Juice