

RESERVATIONS ARE REQUIRED FOR ALL MEALS!
PLEASE SIGN UP ON MYREC, IN THE OFFICE, IN-PERSON IN THE LUNCH ROOM, OR CALL 860-652-7638 ONE DAY IN ADVANCE BY 11AM!

Welcome September

THE GLASTONBURY SENIOR CENTER SERVES LUNCH DAILY. DESSERT IS INCLUDED WITH YOUR MEAL!

COST:
RESIDENT: \$4.00
NON-RESIDENT: \$6.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY: LABOR DAY (closed)	3 NO regular lunch Café is OPEN	4 Ted's  Cheeseburger Truck with fries, drinks, & ice cream. R: \$7 NR: \$9 Register by 8/28!	5 NO regular lunch Café is OPEN	6 Hot Dog Bingo R: \$4 NR: \$6 Register by 8/30! 
NO Salad of the week				
9 Shepard's Pie Tossed Salad Roll	10 Pork Stir Fry with Noodles Vegetables	11 Spaghetti with Meat Sauce Tossed salad Italian bread	12 Breaded Chicken Breast Mac & Cheese Vegetable	13 Cheeseburger Fries
Salad of the week for 9/9 – 9/13: Caesar Salad				
16 Glazed Ham Sweet Potatoes Vegetable	17 Baked Pork Chops Applesauce Seasoned rice Vegetable	18 Baked Chicken in a Mushroom Sauce Mashed potatoes Vegetable	19 Stuffed Shells with Meat Sauce Tossed salad Italian bread	20 Hot Dog w/ Toppings Coleslaw
Salad of the week for 9/16 – 9/20: Chicken Salad Plate				
23 Breaded Fish on a Bun Coleslaw	24 Senior Center Month Luncheon! Tour of Italy   Lasagna, Fettucine Alfredo, Chicken Parmesan, rolls, salad, & Tiramisu. Register by 9/17! R: \$7 NR: \$9	25 Stir Fry Beef Rice Vegetable	26 Chicken Cordon Bleu Rice Pilaf Vegetable	27 Meatball Grinders Potato chips
Salad of the week for 9/23 – 9/27: Caprese Salad				
30 Chicken Burrito Bowl				
Salad of the week for 9/30 – 10/4: Apple Walnut Salad				

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. *

