

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



**COST:
RESIDENT: \$4.00
NON-RESIDENT: \$6.00
TO-GO RESIDENT: \$5.00
TO-GO NON-RESIDENT: \$7.00**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Swedish Meatballs over Egg Noodles Veggies	2 BBQ Chicken Mac & Cheese Veggies Cornbread	3 Eggplant Parmesan Pasta Salad Italian Bread	4 Breaded Chicken on a Bun Oven Fried Potatoes
Salad of the week for 9/30 – 10/4: Apple Walnut Salad				
7 Chicken Stir Fry Rice Veggies	8 Chicken Alfredo Tossed Salad Italian Bread	9 Baked Pork Chops Wild Rice Veggies	10 Meatloaf Mashed Potatoes Veggies	11 Italian Sub Potato Chips
Salad of the week for 10/8-10/11: Cobb Salad				
14 <small>WE WILL BE CLOSED ON COLUMBUS DAY</small>  	15 Beef Stroganoff Egg Noodles Veggies	16 Pork Roast w/ Applesauce Scalloped Potatoes Veggies	17 Chicken Parmesan w/ Pasta Salad Roll	18 Tuna Salad on a Roll Pickle Potato Chips
Salad of the week for 10/14-10/18: Antipasto Salad				
21 Baked Chicken in a Mushroom Sauce Mashed Potatoes Veggies	22 Stuffed Shells w/ Meat Sauce Salad Italian Bread	23 Beef Stew in a Bread Bowl Salad	24 Baked Ham Au Gratin Potatoes Veggies	25 Cheeseburger Oven Baked Fries
Salad of the week for 10/21-10/25: Chicken Caesar Salad				
28 Caesar Salad Minestrone Soup Roll	29 Meatball Grinder Salad	30 Lemon Chicken Egg Noodles Veggies	31 Halloween "Spook"etti Luncheon Pasta w/ Meat Sauce Salad Cheesy Garlic Bread Cheesecake You must pre-register! Resident: \$7 Non-Resident: \$9	
Salad of the week for 10/28-11/1: Greek 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. *