

NOVEMBER 2016

Reservation line:
508-460-3634

Rebecca
King
Manager
PERIOD

SUBJECT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	<p>\$5.00 per meal for all those who call and reserve lunch (at least 24 hours prior) (508) 460-3634</p> <p>\$7.00 for all meals without reservations</p>	1 Harvest Pork Soup with Cranberry Biscuits Lemon Blueberry Cake	2 Chicken Cacciatore Salad Bread Peanut Butter Bean Blondies	3 Italian Style Shepard's Pie Rolls w/butter Green Beans Mint Chocolate Meringues	4 Seafood Chowder in a Bread Bowl Salad Bar Fruit cocktail	5/6
		notes	BLT w/ Soup	BLT w/ Soup	BLT w/ Soup	BLT w/ Soup
2	7 No lunch Veteran's Day Event	8 No Lunch Election Day	9 Minestrone Soup Tortellini with Ham and Spinach Bread Peach Rhubarb Crisp	10 Tuscan Bean Soup Roast Beef and Horseradish Cole Slaw Pickled Beets Banana Mousse	11 Closed Veteran's Day	12/13
		notes		Chicken Salad w/ soup	Chicken Salad w/ soup	
3	14 Tomato Basil Soup Cranberry Apple and Walnut Chicken Salad Sandwich or melt Bean Salad Brownies	15 French Onion Soup Pot Roast Melt Salad Pears	16 No Lunch Senior Center Holiday Party Reservations for meals through main desk only	17 Pork Tenderloin with Red Cabbage Steamed Rice Oatmeal Raisin Cookies	18 Clam Chowder Crab Cakes Honey Glazed Carrots Sliced melon	19/20
		notes	Roast Beef w/ soup		Roast Beef w/ soup	Roast Beef w/ soup

Marlborough Senior Center Grill: (Lunch hours: 11:30 am-1:00pm*Full Service and Take-out)

4	21	22	23	24	25	26/27
	Chicken Noodle Soup Tuna Burger Wild Rice Salad Rhubarb Bar	Chicken & Vegetable Cobbler Harvest Salad with Cranberries & Walnuts Fruit Cup	No Lunch Senior Center Closing Early	No Lunch Thanksgiving Holiday	No Lunch Holiday Break	
WEEK	notes Tuna Salad w/ Soup	Tuna Salad w/ Soup				
5	28	29	30			
	Sesame Chicken w/ steamed rice Gingerbread	Pork Calzones w/ Mango Chutney Cranberry Couscous Salad Rice Pudding	Chicken and Broccoli Alfredo Salad Bread Pears	Vegetable Beef Pot Pie Salad Chewy Chocolate Oat Bars	Snapper Veracruz Oven Roasted Vegetables Chocolate Orange Parfait	
WEEK	notes Oven Roasted Turkey w/ soup	Oven Roasted Turkey w/ soup	Oven Roasted Turkey w/ soup	Oven Roasted Turkey w/ soup	Oven Roasted Turkey w/ soup	

This month's menu is designed to best meet our three goals of

- educating our students in dietary management
- offering you the highest quality fresh and nutritious foods available
- creating a dining experience where you can socialize

A dietary Management degree is meant to certify the professional qualifications of a chef whose workplace is a congregate meal site. Therefore, we partnered with the Marlborough senior center to provide congregate meals. By offering a single meal for the day a chef learns to rotate the menu offering, cook food in quantity and keep costs as low as possible for the diners.

We will work hard to offer you fresh and local foods that are high in vitamins, minerals and proteins. Almost all of our menu items are diabetic friendly. Most everything is made from scratch.

We encourage lunch participants to make reservations in advance, in order for us to prepare adequate amounts, students can learn to plan & budget meals more effectively and help keep food costs down, so savings can be passed onto you! reservation incentive. Please contact Rebecca King, manager of the Center Grill with any questions regarding the menu and/or reservations.

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