

# Manchester Senior Center Lunch Menu—October 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 9/30—10/4	Chef's Choice	Sesame Garlic Pork Basmati Rice Vegetable Medley	Chimichurri Chicken Spanish Rice Cucumber Salad	Chicken Parmesan Pesto Pasta Broccoli	Soup, Salad, Sandwich TGIF Dessert
<b>Week 2</b> 10/7 – 10/11	Vegetarian Chili House Salad	Chicken Cordon Bleu Casserole Dinner Roll <i>Contains: Gluten</i>	Shepard's Pie Salad Dinner Roll	Ham & Potato Casserole Dinner Roll <i>Contains: Gluten</i>	Hoisin Shrimp Dinner Roll Fruit <i>Contains: Gluten</i>
<b>Week 3</b> 10/14 – 10/18	<b>Closed</b> Indigenous Peoples' / Columbus Day	Bean & Cheese Burrito <i>Contains: Gluten</i>	Arroz con Pollo Cucumber Salad	Pasta Bolognese Salad Dinner Roll <i>Contains: Gluten</i>	Potato Crusted Cod Rice Pilaf Vegetable Medley Fruit
<b>Week 4</b> 10/21 – 10/25	Soft Beef Taco <i>Contains: Gluten</i>	Bacon & Broccoli Quiche <i>Contains: Gluten</i>	Vegetarian Stuffed Peppers Salad Dinner Roll <i>Contains: Gluten</i>	Chicken a la King Dinner Roll <i>Contains: Gluten</i>	Tilapia Roasted Potatoes Spinach Fruit
<b>Week 5</b> 10/28 – 11/1	Chicken Parmesan Garden Salad Garlic Bread <i>Contains: Gluten</i>	Beef Stroganoff Egg Noodles Roasted Zucchini <i>Contains: Gluten</i>	Sesame Garlic Pork Steamed Rice Broccoli <i>Contains: Soy</i>	<b>Halloween Party!</b> Penne Broccoli Alfredo Caesar Salad Dinner Roll <b><u>No Takeouts</u></b>	Seafood Fra Diavolo Fruit <i>Contains: Gluten</i>

Please call **860-647-3211** to make a lunch reservation.  
Menu is subject to change based on availability of product.