

PLEASE inform kitchen staff if you have any food allergies before having lunch with us.

You can make reservations up to two weeks in advance, and we kindly ask that you limit your bookings so all our patrons have a chance to attend. If your plans change, **please let us know the day before your reservation so we can offer your spot to someone on our waitlist.** *Finally, please help us foster a warm community by making other guests feel welcome and inviting them to join your table!*

MENU FOR SEPTEMBER

Tue, Sep 1	Corn chowder, quiche Lorraine
Wed, Sep 2	Pappardelle Bolognese, garlic bread
Thu, Sep 3	Baked haddock, roasted pot, creamed spinach
Mon, Sep 7	HOLIDAY; CLOSED FOR LABOR DAY
Tue, Sep 8	Chicken Francaise, lyonnaise pot, peas
Wed, Sep 9	Spaghetti and meatballs, garlic bread
Thu, Sep 10	Shrimp risotto with mussels
Mon, Sep 14	Roast pork, mashed potatoes, buttered carrots
Tue, Sep 15	Ham, cheese, and spinach quiche, home-fried potatoes
Wed, Sep 16	Stuffed shells, marinara, and sausage
Thu, Sep 17	Baked haddock, rice pilaf, roasted butternut
Mon, Sep 21	Meatloaf, mashed potatoes, peas
Tue, Sep 22	Knockwurst with apple and potato sauerkraut
Wed, Sep 23	Baked pasta with chicken, bacon and tomato
Thu, Sep 24	Seafood casserole, garlic green beans
Mon, Sep 28	Pot roast, cottage fries, carrots and parsnips
Tue, Sep 29	Caesar salad with grilled chicken, roll and butter
Wed, Sep 30	American chop suey, garlic bread

EVENT REMINDERS:

Tue, Sep 1:	Men's/Ladies "Tuesday" Breakfast, 9:00 AM; \$5, reservations required;
Fri, Sep 4 :	Billy & the Goats @ 4 pm - Register online @ myactivecenter.com or call 781-545-8870.
Tue, Sep 8:	Singo with Ed @ 1:00 – 2:00 PM
Mon, Sep 14:	Meet & Greet with Diane Picot @ 9:30-11:00 AM

MENU FOR OCT

SENIOR CENTER LUNCH PROGRAM MONDAY – THURSDAY AT 12:00

Thu, Oct 1	Shrimp risotto with linguine
Mon, Oct 5	Shepards pie, peas
Tue, Oct 6	Greek salad, spinach pie, Lentil soup
Wed, Oct 7	Spinach lasagna with meat sauce
Thu, Oct 8	Baked haddock, ala Newburg, rice, broccoli
Mon, Oct 12	Chicken piccata, baked mushroom farro, roasted zucchini
Tue, Oct 13	Baked ham with pineapple sauce, baked sweet pot, corn
Wed, Oct 14	Cavatappi with sausage, capers and baby spinach
Thu, Oct 15	Poached salmon with capered hollandaise, roasted potatoes, butternut squash
Mon, Oct 19	Oven fried chicken, mashed pot, peas, sour cream gravy
Tues, Oct 20	Pork tenderloin, rice pilaf, mashed turnip
Wed, Oct 21	Pappardelle Bolognese, roll and butter
Thu, Oct 22	Honey garlic shrimp, jasmine rice, sauteed, Bok choy
Mon, Oct 26	Boneless short ribs, cheesy polenta, braised celery onion and fennel
Tues, Oct 27	Quiche Lorraine, butter bisque
Wed, Oct 28	Eggplant parmesan with meatball & marinara
Thurs, Oct 29	Baked haddock, baked potatoes, broccoli

EVENT REMINDERS:

- Tue, Oct 6 Men's/Ladies "Tuesday" Breakfast, 9:00 AM; \$5, reservations required;
 Fri, Oct 16 FOSS English High Tea Luncheon 1:00 – 3:00 PM; purchase tickets in advance.
 Call 781-545-8870 for more info
 Tue, Oct 30 HALLOWEEN HOCUS POCUS COSTUME PARTY! 12:00 -2:30 PM!
 Register online @ myactivecenter.com or call 781-545-8870.

