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Greater Wakefield Resource Center

CONGREGATE MEALS FOR THE 60+ POPULATION

DINE IN 11:45 TO 12:00		<u>MENU SEPTEMBER 2024</u>					PICK UP MEAL FROM 12:00 TO 12:15
If Possible Please Call Before 10:00 AM 603 473-8324 To Reserve Your Meal		Donations are needed to support this program					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	2 	3	4 Chicken Salad Wrap 3 Bean Salad Chips Dessert	5 BINGO STARTS AT 10:00 BBQ Pulled Pork Baked Beans Cornbread Cole Slaw Dessert	6		
Milk and Fresh Fruit is offered with every meal to all our customers.	9 BINGO STARTS AT 12:45 Italian Sausage Sub With Peppers and Onions Oven Roasted Potatoes Tossed Salad Dessert	10	11 Chicken Croquettes Mashed Potatoes Steamed Peas Buttered Carrots Dessert	12 BINGO STARTS AT 10:00 Mac and Cheese With Ham Steak Spinach Salad Cornbread Dessert	13	CHANGES HAVE TO BE MADE. THANK YOU FOR YOUR UNDERSTANDING	
	16 BINGO STARTS AT 12:45 Cheese Ravioli With Meatsauce Garlic Bread Individual Salad Dessert	17	18 Baked Stuffed Sole Brown Rice Cole Slaw Dessert	19 BINGO STARTS AT 10:00 Meatloaf Mashed Potatoes Gravy Green Beans Dinner Roll Dessert	20		
	23 BINGO STARTS AT 12:45 Roast Pork Roasted Sweet Potatoes Gravy Broccoli Dinner Roll Dessert	24	25 Beef Stew Biscuit Individual Salad Dessert	26 BINGO STARTS AT 10:00 Chicken Piccata With Egg Noodles Zucchini & Summer Squash Dessert	27	REMEMBER Daily healthy eating includes	
	30 BINGO STARTS AT 12:45 Buttermilk Fried Chicken Sandwich Lettuce, Tomato, Mayo 3 Bean Salad Tater Tots Dessert					GRAINS: 6 servings PROTEIN: 6 ounces DAIRY: 2 to 3 cups VEGGIES: 2.5 cups FRUIT 2 cups Limit foods high in sugar & fat	

254 Main Street, Union NH 03887 603-473-8324

Hours of operation: Monday through Friday 9am to 1pm

[Our Website](http://Greaterwakefieldresourcecenter.net) Greaterwakefieldresourcecenter.net.