

September ~ Rockland COA Lunch Menu

Lunches are served at 11:30am. The cost is \$5.00 for entrée, sandwich of the week or salad. All lunches include bread, milk, and dessert.

Please call 781-871-1266 by 11:00am to order. *All menu items are subject to change.*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Rice Pilaf Mixed Veggies	2 Grilled Cheese Tomato Soup	3 Salisbury Steak Mashed Potatoes Corn	4 Stuffed Clams Curly Fries Coleslaw
7 NO LUNCH TODAY 	8 Spinach Quiche Small Salad	9 BLT Macaroni Salad	10 Chicken w/ Stuffing Scalloped Potatoes Peas	11 Beer Battered Cod French Fries Cole Slaw
14 Grilled Chicken Caesar Salad w/ Pita Bread	15 Baked Ham Roasted Potatoes Green Beans	16 Cheeseburger w/ Lettuce & Tomato Potato Salad	17 Baked Stuffed Peppers	18 Baked Haddock Rice Pilaf Peas
21 Beef Stew Biscuit	22 Mac 'n' Cheese Brussels Sprouts	23 Tuna Sandwich Clam Chowder	24 Turkey Tips Mashed Potatoes Carrots	25 Pecan Crusted Tilapia Scalloped Potatoes Green Beans
28 Sausage w/ Onion & Peppers French Fries	29 Shepherd's Pie w/ Biscuit	30 SOCK HOP Sign up before September 21!		

