



Manchester Senior Center Lunch Menu

August 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 8/3-8/7	Swedish Meatballs Roasted Carrots Egg Noodles Cranberry Sauce <i>Contains gluten & dairy</i>	Eggroll in a Bowl Chicken Thighs Rice <i>Contains gluten, nuts, & soy</i>	French Toast Sticks Home Fries Bacon Fruit <i>Contains gluten & dairy</i>	Chicken Parm Pasta Garlic Bread <i>Contains gluten & dairy</i>	Cheeseburger Tater-Tot Casserole <i>Contains gluten & dairy</i>
Week 2 8/10-8/14 <i>*All meals will have a side, fruit, & dessert</i>	Roast Beef & Swiss Sandwich <i>Contains gluten & dairy</i>	Chickpea Salad Sandwich <i>Contains gluten & dairy</i>	Ham & Salami Sandwich <i>Contains gluten & dairy</i>	Tuna Sandwich <i>Contains gluten, dairy, & seafood</i>	Chicken Salad Sandwich <i>Contains gluten, dairy, & nuts</i>
SHUT DOWN- LUNCH PICK UP 12:00-12:30 IN SENIOR CENTER PARKING LOT					
Week 3 8/17-8/21 <i>*All meals will have a side, fruit, & dessert</i>	Ham & Cheese Sandwich <i>Contains gluten & dairy</i>	Egg Salad Sandwich <i>Contains gluten & dairy</i>	Cobb Chicken Sandwich (chicken, bacon, egg) <i>Contains gluten & dairy</i>	Turkey & Cheese Sandwich <i>Contains gluten & dairy</i>	Seafood Salad Sandwich <i>Contains gluten, dairy, & seafood</i>
SHUT DOWN- LUNCH PICK UP 12:00-12:30 IN SENIOR CENTER PARKING LOT					
Week 4 8/24-8/28	Greek Turkey Burgers Potato Wedges Fruit <i>Contains gluten & dairy</i>	Tortellini Primavera Summer Vegetables <i>Contains gluten & dairy</i>	Shrimp Alfredo Broccoli <i>Contains gluten, dairy, & seafood</i>	Pork Chop Stuffing Mixed Vegetables <i>Contains gluten & dairy</i>	Chicken Teriyaki Snow Peas, Broccoli, & Carrots Rice <i>Contains gluten, dairy, & Seafood</i>
Week 5 8/31-9/4	Salmon Green Beans & Mushrooms Ricke Pilaf <i>Contains gluten, dairy, & Seafood</i>	Pumpkin Coconut Curry Chickpeas Rice <i>Contains dairy</i>	Tamale Pie (made with Ground Turkey) <i>Contains gluten & dairy</i>	Chicken Divan Mashed Potatoes <i>Contains gluten & dairy</i>	Baked Spaghetti Green Beans <i>Contains gluten & dairy</i>

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