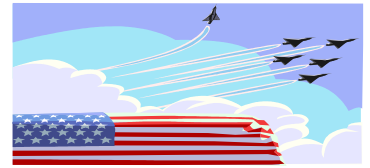


NOVEMBER 2017 LAC SENIOR LUNCH MENU

WED	1	CRAB BISQUE OR CHICKEN NOODLE - GRILLED CHEESE
THUR	2	HAM & CABBAGE - POTATO
FRI	3	SUBS - CHIPS - COOKIE
MON	6	CHICKEN & DUMPLINGS - PEAS & CARROTS - COLESLAW
TUES	7	SPAGHETTI - SALAD - GARLIC BREAD
WED	8	BAKED COD FILET - BAKED POTATO - STEWED TOMATOES
THUR	9	HOT DOG - BAKED BEANS - SAUERKRAUT
FRI	10	VETERANS DAY - CLOSED
MON	13	CHICKEN FILET - BAKED YAM - BROCCOLI
TUES	14	MEATLOAF - MASHED POTATOES - GREEN BEANS
WED	15	FLOUNDER - MACARONI & CHEESE - STEWED TOMATOES
THUR	16	HAM SALAD SANDWICH - CHIPS COOKIE
FRI	17	THANKSGIVING DINNER - TURKEY AND ALL THE TRIMMINGS
MON	20	SWEET & SOUR CHICKEN - BUTTERED RICE - BROCCOLI
TUES	21	CHILI - SALAD - CORN BREAD MUFFIN
WED	22	CHEESE STEAK SUB - BREADED MUSHROOMS - COOKIE
THUR	23	CLOSED -- HAPPY THANKSGIVING DAY -- CLOSED
FRI	24	CLOSED -- THANKSGIVING -- CLOSED
MON	27	CHICKEN TENDERS - MASHED POTATOES - CREAM CORN
TUES	28	VEGETABLE SOUP - GRILLED CHEESE SANDWICH
WED	29	DRY BEEF GRAVY - MASHED POTATOES - PEAS
THUR	30	BIG MAC BURGER - FRENCH FRIES - COLESLAW

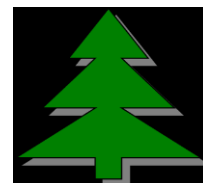


LUNCH IS \$4.00 EACH ADDITIONAL LUNCHES ARE \$ 8.00
CALL 935-8122 BY 10:00 AM FOR TAKE OUTS

Home Delivery will only be accommodated if there is no one
in the household that can pickup the take-outs.

DECEMBER 2017 LAC SENIOR LUNCH MENU

FRI	1	SUBS - CHIPS - COOKIE
MON	4	CHICKEN PIE - MASHED POTATOES - PEAS & CARROTS
TUES	5	SPAGHETTI - GARLIC BREAD - SALAD
WED	6	FLOUNDER - BAKED POTATO - STEWED TOMATO
THUR	7	SAUSAGE EGG MCMUFFIN - OVEN ROASTED POTATOES - FRUIT CUP
FRI	8	TURKEY BLT ON KAISER ROLL - CHIPS - COOKIES
MON	11	CHICKEN PARM - BUTTER NOODLES - BROCCOLI
TUES	12	BEEF STEW - BISCUITS - APPLESAUCE
WED	13	CRAB BISQUE OR CHICKEN NOODLE SOUP - GRILLED CHEESES SANDWICH
THUR	14	HOT DOG + SAUERKRAUT - BAKED BEANS - POTATO CHIPS
FRI	15	CHRISTMAS DINNER AND ALL THE TRIMMINGS
MON	18	CHICKEN TENDERS - MASHED POTATOES - CREAM CORN
TUES	19	CHILI RICE - SALAD - CORNBREAD MUFFIN
WED	20	COD NUGGET - SCALLOP POTATOES - STEWED TOMATOES
THUR	21	CHEESE BURGER - FRENCH FRIES - COLESLAW
FRI	22	CHICKEN SALAD ON CROISSANT - POTATO CHIPS
MON	25	CLOSED MERRY CHRISTMAS & HAPPY NEW YEAR
TUES	26	CLOSED
WED	27	CLOSED
THUR	28	CLOSED - WE WILL RE-OPEN
FRI	29	CLOSED - ON TUESDAY JANUARY 2ND 2018



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