

June 2026 Lunch Menu

Food Allergy Concerns? Call the Center to ask about our menu items and ingredients!

Ludlow Senior Center

(413) 583-3564

24 hour notice required

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Eggplant parmesan over pasta Garlic bread	2 Hamburg chow mein White rice Eggroll	3 Chicken parm grinder Side salad	4 Garlic herb baked pollock Roasted sweet potatoes Mixed vegetable	5 Peperoni pizza Caesar salad
8 BBQ riblet Sweet potato fries Cucumber salad	9 Shrimp scampi Linguini Broccoli	10 Fruit salad & cottage cheese plate	11 Turkey Waldorf salad Macaroni salad Roll (contains nuts)	12 Vegetable lasagna Power salad (may contain nuts/seeds)
15 Big Mac salad	16 Walnut crusted salmon Rice pilaf Peas (contains nuts)	17 Lunch & Learn KFC Bowl (popcorn chicken, corn, mashed potatoes, gravy, cheese)	18 Father's Day Lunch Meatloaf Scalloped potatoes Carrots	19 CENTER CLOSED (Juneteenth Holiday)
22 Tuna noodle casserole Corn bread	23 Loaded baked potato Must-go soup	24 Lazy turkey pot pie	25 Birthday Lunch Stuffed pork chops Au gratin potatoes Mixed vegetable	26 Blueberry French toast bake Breakfast sausage
29 Potato crunch fish Wild rice Vegetable	30 Strawberry spinach salad with chicken Roll	1 July 4th Lunch Cheeseburger Lettuce & tomato Potato salad	NO LUNCH SERVED (KITCHEN CLEANING)	CENTER CLOSED (Happy 4th!)