



September

Name:_____

Route:_____

2026

To ensure availability please return menu choices by August 14th, and dont forget your name at the top!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Choice 1: Turkey Pot Pie Corn & Zucchini	2 Choice 1: Beef Pot Roast Sweet Potato, Broccoli & Cheese Sauce	3 Beef Bolognese Rotini, Fresh mozzarella, Green Beans & Carrots	4 Choice 1: Waffle Blueberry & Applesauce, Egg, Sausage
	Choice 2: BBQ Pork Sandwich Pasta Salad & Coleslaw 	Choice 2: Ricotta Eggplant Rollatini Mozzarella, Peas & Mushrooms		Choice 2: Breaded Haddock Lemon Parsley Rice & Veg Blend
7 Happy Labor Day!! Closed for the holiday	8 Choice 1: Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots	9 Choice 1: Southwest Beef Skillet Potatoes, Cheddar, & Catalina Vegetable Blend	10 Mrs. Budd's Chicken Pot Pie 	11 Choice 1: Cinnamon French Toast Egg, Sausage & Applesauce
	Choice 2: Meatloaf w/Sweet Potato Green Beans 	Choice 2: Haddock Florentine Roasted Sweet Potato & Peas		Choice 2: Tortellini with Tomato Spinach & Mushroom Cream Sauce Vegetable Blend & Peas
14 Beef Stir Fry Broccoli, Bean Sprouts, Edamame & Brown Rice	15 Choice 1: Chicken Meatballs Tomato Cream Sauce Orzo Pasta & Veg Blend	16 Choice 1: Beef & Sweet Potato Chili Corn	17 Tuna Salad Sandwich Whole Wheat Roll Lettuce Tomato Cookie 	18 Choice 1: Pancakes Eggs, Sausage & Pears
	Choice 2: Turkey Bacon Wrap 3 Bean Salad 	Choice 2: Shells & Cheese Vegetable Medley		Choice 2: Pork with Applesauce Potatoes & Vegetable Medley
21 Whole Wheat Turkey & Swiss Wrap Three Bean Salad Pineapple & Mango	22 Choice 1: Lasagna Rollatini Marinara, Mozzarella, Veg Blend	23 Choice 1: Turkey Casserole Vegetable Blend	24 Meatloaf w/ Tomato Glaze Sour Cream Mashed Potato, Peas & Corn	25 Choice 1: Scrambled Eggs Potatoes, Peaches & Chicken Sausage
	Choice 2: Golden Corral's Beef Brisket Broccoli & Baked Potato 	Choice 2: BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli		Choice 2: Haddock Chowder Corn
28 Beef Pot Roast Sweet Potato Broccoli & Cheese Sauce	29 Choice 1: Chicken with Salsa Southwest Brown Rice & Green Beans	30 Choice 1: Turkey Pot Pie Corn & Zucchini	Remember: • Do NOT vent film when microwaving, this causes the food to dry out. • Please wash fresh fruit before eating. • Suggested Donation is \$4.00 per meal.	
	Choice 2: Golden Corral's Chicken Salad Sandwich Three Bean salad 	Choice 2: Breaded Haddock Lemon Parsley Rice & 4-Way Vegetable Blend		

September Is Healthy Aging Month, 10 Tips for Reinventing Yourself :

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. Have negative friends who complain all of the time? Drop them. Distance yourself from people who do not have a positive outlook on life. Surround yourself with energetic, happy, positive people of all ages. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Analyze your gait. Do you walk slowly because you have just become lazy or have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick. Look at yourself in the mirror. Are you holding your stomach in, shoulders back, chin up? (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. (Tip: Go to the dentist regularly.)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Pick up the phone and make a call: Volunteer your time, take a class, invite someone to meet for lunch. (Tip: Volunteer at the local public school to stay in touch with younger people.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer.)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. (Tip: Sign up now for fall art or music classes and discover your inner artist!)

healthyaging.net

Site Location	Manager	Phone Number
Merrimack & Nashua	Scott	603-882-2106
Milford	Elida & Stephanie	603-673-4094
Manchester & Goffstown	Jessie	603-669-1699
Peterborough	Mary	603-878-3109



353 S. Main st. Manchester, NH 03102
603-424-9967
www.hcmow.org