



September

Name:_____

Route:_____

2026

***Gluten Friendly
& Lactose Free***

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Autumn Chicken Stew Quinoa and Broccoli	2 Beef Pot Roast Tomato Gravy, Roasted Potatoes, Broccoli, Cauliflower, Carrots	3 Fire Braised Pork with Honey Mustard Sauce Mashed Potatoes, Green Beans	4 Moroccan Vegetable Stew Brown Rice, Peas, Carrots
7 Happy Labor Day!! Closed for the holiday	8 Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots	9 Southwest Beef Skillet Potatoes, Cheddar, & Catalina Vegetable Blend	10 Haddock Florentine Roasted Sweet Potato & Peas	11 BBQ Pork Rib Patty Roasted Sweet Potato, Corn, Black Bean Fiesta, Broccoli
14 Beef Stir Fry Broccoli, Bean Sprouts, Edamame & Brown Rice	15 Chicken Meatballs Tomato Cream Sauce Orzo Pasta & Veg Blend	16 Beef & Sweet Potato Chili Corn	17 Chicken Jambalaya Rice & Green Beans	18 Pork with Applesauce Potatoes & Vegetable Medley
21 Sweet & Sour Chicken Jasmine Rice, and Broccoli	22 Golden Corral's Beef Brisket Broccoli & Baked Potato 	23 BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli	24 Beef & Rice with Enchilada Sauce Green Beans, Corn	25 Scrambled Eggs Potatoes, Peaches & Chicken Sausage
28 Beef Pot Roast Sweet Potato Broccoli & Cheese Sauce	29 Golden Corral's Chicken Salad Sandwich Three Bean salad 	30 Chicken with Salsa Southwest Brown Rice & Green Bea	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.	

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

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Merrimack & Nashua	Scott	603-882-2106
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