September 2026 Lunch Menu: Cambridge Senior Center

(meals subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 Creamy Cajun Shrimp and Chicken with Grits Steamed Peas Dinner Roll Fig Bar	**September 2** Flatbread Pizza Cheese or Pepperoni Cucumber and Tomato Salad Apples	**September 3** Meatball Sub Whole Wheat Sub Roll Green Beans and Peppers Chocolate Pudding	**No lunch on Fridays**
September 7 **Closed – Labor Day**	**September 8** Beef Nacho Bowl Tortilla Chips Pepper and Onions Oranges	**September 9** Turkey and Cheese Melt 3 Bean Salad Chocolate Chip Cookies	**September 10** Hot Dogs w/ Bun Baked Beans Steamed Corn Warm Apple Slices	
September 14 Chicken Pot Pie with Biscuit Peas and Carrots Vanilla Pudding	**September 15** Beef Empanadas Rice and Beans Roasted Corn and Peppers Blueberry Crisp	**September 16** Pesto Chicken Whole Grain Pasta Steamed Carrots Garlic Knots Pears	**September 17** Herb Breaded Fish Cous Cous Braised Kale Dinner Roll Apples	
September 21 Chicken, Tomato, and Mozzarella Sandwich Sweet Potato Fries Roasted Broccoli Jello	**September 22** Shepherd's Pie Peas and Carrots Mashed Potatoes Dinner Roll Peach Cups	**September 23** Chicken Noodle Soup Roasted Vegetable Panini Chocolate Pudding	**September 24** Tuna Sandwich Potato Chips Sautéed Spinach Oranges	
September 28 Grilled Cheese and Tomato Soup Veggie Cup w/ Ranch Chocolate Chip Cookie	**September 29** Beef Tacos Rice and Beans Peppers and Onions Churros	**September 30** Chicken Stew Potatoes Peas and Carrots Dinner Roll Lemon Squares		Cambridge Council on Aging