



# Waterbury Senior Center

## August 2018



| Mon  | Tue  | Wed  | Thu  | Fri  |
|--|--|--|--|--|
| <p><b>\$4.50 suggested donation 60 and older</b><br/> <b>\$7.50 donation under 60</b></p> <p><b>This menu subject to change</b></p>                        | <p><b>MOW receive milk on Monday</b></p> <p><b>Milk served Daily at Center.</b></p>  | <p>1<br/> <i>Baked Macaroni &amp; Cheese</i><br/> <i>Stewed Tomatoes</i><br/> <i>Cornbread</i><br/> <i>Muffins</i><br/> <i>Fresh Fruit</i></p>                       | <p>2<br/> <i>Hamburgers</i><br/> <i>French Fries</i><br/> <i>Baked Beans</i><br/> <i>Veggie Sticks</i><br/> <i>Banana</i></p>                        | <p>3<br/> <i>Turkey &amp; Cheese w/ lettuce &amp; tomato on a whole wheat roll</i><br/> <i>4 Bean Salad</i><br/> <i>Chips</i><br/> <i>Fresh Fruit</i></p>  |
| <p>6<br/> <i>Chicken Tenders &amp; French Fries</i><br/> <i>WW Roll</i><br/> <i>Coleslaw</i><br/> <i>Fresh Fruit</i></p>                                   | <p>7<br/> <i>Scrambled Eggs</i><br/> <i>Sausage</i><br/> <i>English Muffin</i><br/> <i>Fresh Fruit</i><br/> <i>Roasted Sweet Potatoes, Yogurt</i><br/> <i>100% Juice</i></p> | <p>8<br/> <i>Spaghetti &amp; meatsauce</i><br/> <i>Spinach</i><br/> <i>Tossed Salad</i><br/> <i>WW Roll</i><br/> <i>Pears</i><br/> <i>Cookies</i></p>                | <p>9<br/> <i>Pizza w/ whole wheat crust</i><br/> <i>Caesar Salad</i><br/> <i>Fresh Fruit</i><br/> <i>Cookie</i></p>                                  | <p>10<br/> <i>Quesadilla</i><br/> <i>Rice</i><br/> <i>Sour Cream</i><br/> <i>Salsa</i><br/> <i>Coleslaw</i><br/> <i>Fruit</i><br/> <i>Cookies</i></p>      |
| <p>13<br/> <i>Baked Macaroni &amp; Cheese</i><br/> <i>Peas &amp; Carrots</i><br/> <i>Corn Muffins</i><br/> <i>Tossed Salad</i><br/> <i>Fresh Fruit</i></p> | <p>14<br/> <i>Waffles</i><br/> <i>Sausage</i><br/> <i>Roasted Potatoes</i><br/> <i>Fresh Fruit</i><br/> <i>100% Juice</i><br/> <i>Yogurt</i></p>                             | <p>15<br/> <i>Chicken Parmesan</i><br/> <i>Spaghetti &amp; Sauce</i><br/> <i>Beets</i><br/> <i>Caesar Salad</i><br/> <i>Garlic Bread</i><br/> <i>Fresh Fruit</i></p> | <p>16<br/> <i>Meatball Subs</i><br/> <i>French Fries</i><br/> <i>Coleslaw</i><br/> <i>Banana</i></p>   | <p>17<br/> <i>Roast Beef &amp; Cheese w/ lettuce &amp; Tomato on a whole wheat roll</i><br/> <i>Coleslaw</i><br/> <i>Fresh Fruit</i><br/> <i>Chips</i></p> |
| <p>20<br/> <i>American Chop Suey</i><br/> <i>Tossed Salad</i><br/> <i>Pudding</i><br/> <i>Fresh Fruit</i><br/> <i>WW Roll</i></p>                          | <p>21<br/> <i>French Toast</i><br/> <i>Home Fries</i><br/> <i>Sausage</i><br/> <i>Yogurt</i><br/> <i>Fresh Fruit</i></p>   | <p>22<br/> <i>Chicken Divan</i><br/> <i>Rice</i><br/> <i>Spinach</i><br/> <i>Tossed Salad</i><br/> <i>WW Roll</i><br/> <i>Fresh Fruit</i><br/> <i>Cookie</i></p>     | <p>23<br/> <i>Veggie Burger on a ww roll w/ lettuce &amp; tomato</i><br/> <i>Cole Slaw</i><br/> <i>4 Bean Salad</i><br/> <i>Mandarin Oranges</i></p> | <p>24<br/> <i>Chicken Salad Sandwich w/ let. &amp; tom. On whole wheat roll</i><br/> <i>Carrot Slaw</i><br/> <i>Apple Sauce</i></p>                        |
| <p>27<br/> <i>Chicken Alfredo over rice</i><br/> <i>Broccoli</i><br/> <i>Tossed Salad</i><br/> <i>Fresh Fruit</i><br/> <i>WW Roll</i></p>                  | <p>28<br/> <i>Chipped Beef</i><br/> <i>Scrambled Eggs</i><br/> <i>Biscuit &amp; Home Fries</i><br/> <i>Yogurt</i><br/> <i>Fresh Fruit</i></p>                                | <p>29<br/> <i>Beef Burgundy</i><br/> <i>Mashed Potatoes</i><br/> <i>Green Beans</i><br/> <i>Whole Wheat Roll</i><br/> <i>Fresh Fruit</i></p>                         | <p>30<br/> <i>Grilled Cheese on WW Bread</i><br/> <i>Sun Chips</i><br/> <i>Carrot Slaw</i><br/> <i>Fresh Fruit</i></p>                               | <p>1<br/> <i>Assorted Wraps with Ham &amp; Cheese</i><br/> <i>Coleslaw</i><br/> <i>Fresh Fruit</i><br/> <i>Chips</i><br/> <b>MOW for 9/4</b></p>           |