

# Waterbury Area Senior Center

## Lunch Menu

Served from 11:30 am—1:00 pm  
THIS MENU SUBJECT TO CHANGE  
WITHOUT NOTICE

# November, 2018

14 Stowe Street  
Waterbury, VT 05676

Phone: 802-244-1234

www.wasca.org

Email: director@wasca.org

Monday	Tuesday	Wednesday	Thursday	Friday
MOW receive Milk on Mondays Milk served daily at the Center	SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60		1 Chicken Sandwich w/ lettuce and tomato  Corn Chowder	2 Meatball Subs French Fries Coleslaw Fresh Fruit Cookie
5 Mac and Cheese Stewed Tomatoes WW Roll Tossed Salad Fresh Fruit Cookie	6 Quiche Home Fries Fresh Fruit Juice Yogurt Muffins	7 Chicken Marsala Rice Beets Garden Salad WW Role, Fruit	8 Pizza Caesar Salad Soup Fruit Cottage Cheese	9 Grilled Cheese Coleslaw Tomato Soup Fruit
12 Tacos with Salsa and Sour Cream Tortilla Chips Garden Salad Mandarin Oranges	13 Chipped Beef Gravy Biscuits Home Fries Fresh Fruit Yogurt	14 <b>THANKSGIVING DINNER</b> Turkey Mashed Potatoes, Squash, WW Role Cranberry Sauce, Pumpkin Pie	15 Veggie Burgers with Lettuce and tomato Baked Beans French Fries	16 Hamburg with lettuce And tomato Soup Fruit
19 American Chop Suey WW Roll Tossed Salad Pudding Fruit	20 Butter Milk Pancakes Sausage Home Fries Fresh Fruit Yogurt	21 Ham and Cheese Pockets Tomato Soup Coleslaw Fresh Fruit	22 <b>CLOSED FOR THANKSGIVING</b>	23 <b>CLOSED</b>
26 Beef Stroganoff WW Role Salad Fruit Cookie	27 French Toast Sausage Home Fries Fruit, Yogurt Muffins	28 Beef Stew with carrots and Potatoes WW Roll Garden Salad Fruit	29 Chicken and Biscuits Four Bean Salad Fresh Fruit	30 Meat Ravioli with Sauce WW Roll Mixed Vegetables Fresh Fruit