

Waterbury Area Senior Center

Lunch Menu

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

December, 2018

14 Stowe Street
Waterbury, VT 05676

Phone: 802-244-1234

www.wasca.org

Email: director@wasca.org

Monday

Tuesday

Wednesday

Thursday

Friday

3 Beef Stew in a Bread Bowl Coleslaw Fresh Fruit	4 Quiche Muffin Home fries Yogurt Fresh Fruit Juice	5 Chicken Pot Pie with Biscuits Garden Salad Squash Mixed Fruit	6 Grilled Cheese Tomato Soup Carrot Slaw Sun Chips Banana	7 Baked Fish Rice Tossed Salad Beets, WW Rolls Fresh Fruit
10 Tacos with Salsa and Sour Cream Tortilla Chips Garden Salad Mandarin Oranges	11 Chipped Beef Gravy Biscuits Home fries Fresh Fruit Yogurt	12 Spaghetti with Meat Sauce Garden Salad Whole Wheat Roll Fresh Fruit	13 Veggie Burgers with Lettuce and Tomato Whole Wheat Roll Carrot Slaw Mandarin Oranges	14 Meatball Subs French Fries Coleslaw Fresh Fruit Cookie
17 American Chop Suey Whole Wheat Roll Tossed Salad Mandarin Oranges	18 Pancakes Bacon Roasted Potatoes Fresh Fruit, Yogurt Orange Juice	19 CHRISTMAS DINNER Ham Mashed Potatoes Green Beans, Garden Salad Whole Wheat Roll, Fruit Gingerbread	20 Pizza Tossed Salad Mandarin Salad Cookies	21 Chicken Alfredo Mixed Vegetables Caesar Salad
24 CLOSED	25 CLOSED	26 Beef Stroganoff Whole Wheat Roll Salad Fruit	27 Monte Cristo Sandwich Carrot Slaw Vegetable Soup Mixed Fruit	28 Grilled Cheese Tomato Soup Coleslaw Sun Chips Banana
31 CLOSED			MOW receive Milk on Mondays Milk served daily at the Center	SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60