

Waterbury Area Senior Center

Lunch Menu

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

January, 2019

14 Stowe Street
Waterbury, VT 05676

Phone: 802-244-1234
www.wasca.org

Email: adminstaff@wasca.org

Monday	Tuesday	Wednesday	Thursday	Friday
MOW receive Milk on Mondays Milk and Salad Bar served daily at the Center	1 CLOSED	2 Chicken & Biscuits Cole Slaw Cookies	3 Veggie Burgers with Lettuce and Tomato Roasted Potatoes Carrot Slaw Banana	4 American Chop Suey Cole Slaw Mixed Vegetables Mandarin Oranges Cookies
7 Meat Ball Subs on Whole Wheat Roll Carrot Slaw French Fries Fresh Fruit	8 Chipped Beef Gravy on Biscuits Eggs Roasted Potatoes 100% Fruit Juice	9 Shepard's Pie Garden Salad Mixed Vegetables WW Roll, Fresh Fruit Surprise Dessert	10 Monte Cristo Veggie Soup Cole Slaw Fresh Fruit	11 Fresh Fish Rice Beets WW Roll, Fruit Garden Salad
14 Chicken Divan over Noodles Garden Salad Whole Wheat Roll Fresh Fruit	15 Sausage, Egg, & Cheese on an English Muffin Home Fries Yogurt Fresh Fruit	16 Roast Pork Mashed Potatoes Green Beans Whole Wheat Roll Pineapple Upside Down Cake	17 Breaded Chicken on a Whole Wheat Roll Garden Salad Baked Beans Fruit	18 Spaghetti and Meatballs Caesar Salad Whole Wheat Roll Fruit
21 CLOSED MOW will be delivered on Friday, 1/18/19.	22 Quiche Roasted Potatoes Muffins Fresh Fruit, Yogurt 100% Fruit Juice	23 Baked Ham Macaroni and Cheese Peas, Tossed Salad Corn Bread Muffins Fresh Fruit	24 Beef Stroganoff Garden Salad Whole Wheat Roll Fresh Fruit	25 Ham and Cheese Pockets Tomato Soup Cole Slaw Fresh Fruit
28 Beef Chili Corn Bread Cole Slaw Fresh Fruit	29 Blueberry Pancakes Sausage Roasted Potatoes Muffins, Yogurt	30 Turkey Dinner Mashed Potato Squash, Stuffing Whole Wheat Roll Pumpkin Pie	31 Grilled Cheese on Whole Wheat Bread Tomato Soup Four Bean Salad Fresh Fruit	SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60