

Waterbury Area Senior Center

Lunch Menu

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

February 2019

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 is served daily at the
center

SUGGESTED
DONATIONS
\$4.50 AGES 60+
\$7.50 UNDER 60

1
Breaded Haddock
Rice
Whole Wheat Roll
Coleslaw
Mandarin Oranges

4
American Chop Suey
Whole Wheat Roll
Spinach
Fruit

5
French Toast Casserole
Roasted Potatoes
Sausage Patties
Fresh fruit
Yogurt

6
Beef Burgundy
Mashed Potatoes
Mixed Vegetables
Whole Wheat Roll
Fresh Fruit

7
Cheese Ravioli w/ Tomato
Sauce
Garlic Toast
Garden Salad/Broccoli
Fruit

8
Monte Cristo on Whole
Wheat Bread
Soup / Coleslaw
Fresh Fruit
Oatmeal Cookie

11
Tacos w/ Salsa & Sour Cream
Rice
Tortillas
Coleslaw
Fruit

12
Chipped Beef Gravy w/ Eggs
Biscuits
Roasted Potatoes
Yogurt
Fresh Fruit

13
Chicken Parmesan
Noodles and Sauce
Coleslaw
Whole Wheat Roll
Fruit

14
Cheese Pizza
Tossed Salad
Mixed Fruit
Yogurt

15
Roasted Pork
Mashed Potatoes
Green Beans
Salad

18
Meatball Subs
French Fries
Baked Beans
Coleslaw
Fresh Fruit

19
Blueberry Pancakes
Sausage
Roasted Potatoes
Muffins
Yogurt

20
Turkey Dinner
Mashed Potatoes
Squash
Stuffing / Whole Wheat Roll
Pumpkin Pie

21
Grilled Cheese
Tomato Soup
Broccoli Salad
Sun Chips
Fruit

22
Fish Chowder
Tuna Melts
Coleslaw
Fresh Fruit
Cookies

25
Beef Chili
Cornbread
Coleslaw
Fresh Fruit

26
Sausage, Egg & Cheese on
English Muffin
Home Fries
Yogurt
Fruit

27
Spaghetti w/ Meat Sauce
Caesar Salad
Spinach
Whole Wheat Rolls
Mixed Fruit

28
Grilled Cheese
Tomato Soup
4 Bean Salad
Fruit