

Waterbury Area Senior Center

Lunch Menu

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

March 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 served daily at the Center	SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60			1 Monte Cristo Sandwich on Whole Wheat Bread Tomato Soup Broccoli Salad Applesauce
4 Chicken Alfredo over Pasta Broccoli Whole Wheat Roll Tossed Salad Fresh Fruit	5 Town Meeting Day Center closed for lunch MOW delivered	6 Roast Pork Mashed Potatoes Green Beans Whole Wheat Roll Dessert	7 Cheesburger w/ lettuce & tomato French Fries Baked Beans Coleslaw	8 Chicken Sandwich w/ lettuce & tomato Coleslaw Chips Fruit
11 Tacos w/ sour cream and Salsa Rice Coleslaw Fresh Fruit	12 Pancakes Sausage Homefries Fresh Fruit Yogurt	13 Turkey Dinner Mashed Potatoes Squash / Whole Wheat Roll Stuffing Pumpkin Pie	14 Cheesburger w/ lettuce & tomato French Fries Baked Beans Coleslaw	15 St. Pat's Dinner Boiled dinner WW Roll Tossed Salad Cupcakes / Fresh Fruit
18 Chicken Divan Rice Garden Salad Banana WW Roll	19 Quiche Homefries Fresh Fruit Muffin Yogurt	20 Baked Chicken Mashed Potatoes Beets Whole Wheat Roll Salad / Fresh Fruit	21 Beef Stew Whole Wheat Roll Carrot Slaw Fresh Fruit	22 Reuben Sandwich Soup Coleslaw Chips Mandarin Orange
25 Meat Loaf Mashed Potatoes Green Beans Whole Wheat Roll Fresh Fruit	26 Dried Beef Gravy on Biscuit Scrambled Eggs Yogurt Homefries Fruit	27 Spaghetti w/ Meat Sauce Whole Wheat Roll Ceasar Salad Fresh Fruit	28 Macaroni & Cheese Ham Coleslaw Cornbread Muffins Fresh Fruit	29 Grilled cheese Corn Chowder Coleslaw Fresh Fruit