

Waterbury Area Senior Center

Lunch Menu

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

April 2019

14 Stowe Street
Waterbury, VT 05676

Phone: 802-244-1234

www.wasca.org

Email: director@wasca.org

Monday

Tuesday

Wednesday

Thursday

Friday

1 Pizza Tossed Salad Cottage Cheese Fruit	2 Egg McMuffin w/ Canadian Bacon Homefries Fresh Fruit Muffins	3 Spaghetti w/ Meat Sauce Whole Wheat Roll Caesar Salad Spinach Fruit	4 Grilled Ham & Cheese Broccoli Salad Tomato Soup Fruit	5 Shrimp Scampi Tossed Salad Whole Wheat Roll Fresh Fruit
8 Meatball Subs on Whole Wheat Roll Oven Fries Coleslaw / Bean Salad Fruit	9 Chipped Beef w/ Scrambled Eggs Homefries Yogurt / Fresh Fruit Muffins	10 Turkey Dinner Squash Mashed Potatoes Stuffing / WW Roll Fruit	11 Chicken Breast Sandwich Vegetable Soup 3 Bean Salad Fruit	12 Baked Fish Rice Beets Whole Wheat Roll Fruit
15 Ravioli with Meat Sauce Garlic Bread Caesar Salad Fruit	16 French Toast Casserole Sausage Homefries Fresh Fruit Yogurt	17 Easter Dinner Baked Ham, Potatoes, Green Beans, Pineapple Whole Wheat Rolls Easter Cupcakes	18 Beef Stew Whole Wheat Roll Green Salad Fruit	19 Pork Loin Mashed Potatoes Vegetables Tossed Salad Cottage Cheese / Fruit
22 Chicken Alfredo over Noodles Beets Garden Salad Fruit	23 Blueberry Pancakes Sausage Homefries Muffins Yogurt / Fruit	24 Meatloaf Mashed Potatoes Green Beans Garden Salad WW Roll / Fruit	25 Tacos with Rice, Salsa and Sour Cream Coleslaw Fruit	26 Chili Whole Wheat Roll Coleslaw Cornbread Cottage Cheese / Fruit
29 Mac & Cheese w/ Ham Stewed Tomatoes WW Roll Coleslaw Fruit	30 Broccoli Quiche Sausage Homefries Yogurt / Fruit Muffins	MOW receive Milk on Mondays Milk served daily at the Center		SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60