

Waterbury Area Senior Center

Lunch Menu

Served from 12:00 pm—1:00 pm
THIS MENU SUBJECT TO CHANGE
WITHOUT NOTICE

July 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 with Whole Wheat Crust Caesar Salad Cottage Cheese Fruit	2 Pancakes Sausage Home Fries Fruit, Yogurt Muffins	3 Spaghetti and Meatballs Spinach WW Roll Caesar Salad Fruit	4 CLOSED—HOLIDAY Meals on Wheels delivered on Wednesday, 7/3	5 CLOSED—HOLIDAY
8 Macaroni and Cheese Garden Salad WW Roll Mixed Vegetables Fresh Fruit	9 French Toast Sausage Home Fries Yogurt Fresh Fruit, Muffins	10 Chicken Parmesan Pasta with Sauce Caesar Salad WW Roll Fruit	11 Grilled Cheese Sandwich Roasted Sweet Potatoes Coleslaw Fruit	12 Pizza with Whole Wheat Crust Cottage Cheese Garden Salad Fruit
15 Meatball Subs French Fries Coleslaw Fruit	16 Breakfast Sandwiches Home Fries Yogurt Fruit Muffins	17 Pork Roast Mashed Potatoes WW Rolls, Broccoli Salad Fruit	18 Beef Tacos Rice Lettuce, Tomato, Salsa, Sour Cream Coleslaw, Fruit	19 Chicken Nuggets French Fries Coleslaw Fruit
22 Chicken Quesadilla Sour Cream Salsa Rice Coleslaw, Fruit	23 Scrambled Eggs Sausage Muffins Yogurt Fruit	24 Pizza Caesar Salad Cottage Cheese Fruit	25 Hamburgers on Whole Wheat Rolls French Fries Coleslaw Fruit	26 Fish Sticks French Fries Coleslaw WW Rolls Fruit
29 Variety of Sandwiches Coleslaw Chips Fruit	30 Waffles Sausage Home Fries Fruit Yogurt	31 BBQ Chicken Potato Salad Salad Coleslaw Fruit	MOW receive Milk on Mondays Milk served daily at the Center	SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60