

# Waterbury Area Senior Center

## Lunch Menu

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

# June 2019

14 Stowe Street  
Waterbury, VT 05676

Phone: 802-244-1234

www.wasca.org

Email: director@wasca.org

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<b>3</b> Beef Tacos Rice, Lettuce, Tomato Salsa & Sour Cream Coleslaw Fruit	<b>4</b> Quiche Sausage Home fries Muffins Yogurt and Fruit	<b>5</b> Turkey Dinner Mashed Potato Squash WW Roll Pumpkin Pie	<b>6</b> Chicken Parmesan Salad WW Roll Fresh Fruit	<b>7</b> Ham and Cheese Sandwich Lettuce & Tomato Coleslaw Chips Banana
<b>10</b> American Chopped Suey Coleslaw Mixed Vegetables WW Rolls Pears	<b>11</b> Chipped Beef Scrambled Eggs Home Fries Yogurt, Fresh Fruit Muffins	<b>12</b> Shephard's Pie Green Beans Tossed Salad WW Roll Fruit	<b>13</b> Chicken Salad with lettuce and tomato Broccoli Salad Cottage Cheese Chips, Fruit	<b>14</b> Grilled Cheese Sandwich Chips Salad Fruit
<b>17</b> Chicken Pot Pie Salad Fruit	<b>18</b> English Muffin with Sausage, Egg, and Cheese Yogurt Muffin Fruit	<b>19</b> Macaroni and Cheese with Ham Stewed Tomatoes Garden Salad Cornbread, Banana	<b>20</b> Chicken Patty on a bun French Fries Coleslaw Fruit	<b>21</b> Pizza Caesar Salad Fruit Cottage
<b>24</b> Meatball Subs French Fries Coleslaw Oranges	<b>25</b> Pancakes Sausage Home Fries Yogurt Fruit, Muffins	<b>26</b> Spaghetti with Mean Sauce Spinach WW Roll Caesar Salad Peaches	<b>27</b> Pizza Caesar Salad Mixed Fruit Cookie	<b>28</b> Hamburger Potato Wedges Coleslaw Fruit

**MOW** receive Milk on  
Mondays  
Milk served daily at the  
Center

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