

Waterbury Area Senior Center

Lunch Menu

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

May 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 Turkey dinner Stuffing / Mashed Potatoes Squash / Tossed Salad Whole Wheat Roll Pumpkin Pie	2 Pulled pork Coleslaw Cornbread Roasted potatoes Applesauce	3 Chicken Sandwich w/ lettuce & tomato Sun chips Coleslaw Banana
6 Meatball subs Potato wedges Garden salad Pudding Fruit	7 Blueberry pancakes Sausage Yogurt Fresh fruit Juice	8 Macaroni & cheese w/ ham Peas & carrots Coleslaw Whole Wheat Roll Fruit	9 Shepherd's Pie Green beans Tossed salad Whole Wheat Roll Fruit	10 Grilled cheese Tomato soup Sun chips Coleslaw Fresh fruit
13 American chop suey Mixed vegetables Tossed salad Whole Wheat roll Fruit	14 Breakfast sandwich Roasted potatoes Muffin Fresh fruit Yogurt	15 Pork Roast Mashed potatoes Fresh beets Whole Wheat roll Fresh fruit	16 Philly cheese steak Fresh vegetable soup Fruit	17 Ham & cheese on ww roll 4 Bean salad Sun chips Fruit
20 Chicken Alfredo Rice Fresh vegetables Salad Fruit	21 French Toast Roasted Potatoes Sausage Yogurt	22 Chicken Parmesan with pasta Spinach Caesar salad Fresh fruit	23 Turkey & Cheese wrap Sun chips Coleslaw Fresh fruit	24 Tuna melt on English muffin Tossed salad Potato wedges Fresh fruit
27 Pizza Caesar salad Fruit Cookie	28 Chipped Beef on biscuits Scrambled eggs Home fries Fresh fruit Yogurt / Muffin	29 BBQ Chicken Potato salad Baked beans Whole Wheat roll Banana	30 Cheeseburger w/ lettuce & tomato French fries Baked beans / Carrot slaw Fruit	31 Chicken & cheese sandwich on whole wheat roll Sun chips Broccoli salad Fruit