

Lunch Menu

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

Waterbury Area Senior Center

September 2019

14 Stowe Street
Waterbury, VT 05676

Phone: 802-244-1234

www.wasca.org

Email: director@wasca.org

Monday

Tuesday

Wednesday

Thursday

Friday

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| <p>2 LABOR DAY CENTER IS CLOSED MEALS DELIVERED ON 8/30</p> | <p>3 Broccoli Quiche Sausage Sweet Potato Yogurt, Fresh Cantaloupe</p> | <p>4 SENIOR PICNIC at FISH AND GAME CLUB Grilled Chicken, Corn on the cob, Chips, Rolls, Coleslaw, Watermelon Birthday Cake</p> | <p>5 Macaroni and Cheese with Ham Peas Whole Wheat Roll Coleslaw Pineapple</p> | <p>6 Turkey & Cheese on a Whole Wheat Roll Chips Coleslaw Pears</p> |
| <p>9 Ham and Cheese Pickets Tomato Soup Coleslaw Apple</p> | <p>10 Sausage, Egg, & Cheese on an English Muffin Roasted Potatoes Pineapple, Yogurt</p> | <p>11 Turkey Dinner Mashed Potatoes Squash, Whole Wheat Roll, Garden Salad Pumpkin Squares</p> | <p>12 Hamburger with Lettuce and Tomato Broccoli Slaw French Fries Banana</p> | <p>13 Grilled Ham & Cheese Chips Pickle Garden Salad Pears</p> |
| <p>16 Chicken Parmesan over Pasta Spinach Whole Wheat Roll Mandarin Oranges</p> | <p>17 French Toast Casserole Home Fries Strawberries Yogurt Juice</p> | <p>18 Roasted Pork Mashed Potatoes Mixed Vegetables Whole Wheat Roll Coleslaw, Oranges</p> | <p>19 Grilled Reuben Vegetable Soup Broccoli Salad Apple Crisp</p> | <p>20 Chicken Patty on a Whole Wheat Roll French Fries Garden Salad Cantaloupe</p> |
| <p>23 American Chopped Suey Mixed Vegetables Whole Wheat Roll Tossed Salad Pineapple</p> | <p>24 Blueberry Pancakes Sausage Roasted Potato Yogurt Orange Juice Apple</p> | <p>25 Shepard's Pie Garden Salad Broccoli Whole Wheat Roll Fruit Salad</p> | <p>26 Pizza on Whole Wheat Crust with Veggies Caesar Salad Cottage Cheese Peaches</p> | <p>27 Grilled Cheese on Whole Wheat Bread Tomato Soup- Carrot Slaw Mandarin Oranges</p> |
| <p>30 Chicken Alfredo Broccoli Whole Wheat Roll Coleslaw Banana</p> | | | <p>MOW receive Milk on Mondays Milk served daily at the Center</p> | <p>SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60</p> |