

# Waterbury Area Senior Center

## Lunch Menu

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

# November 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 & Salad Bar served  
daily at the Center

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

1  
Baked Fish  
Brown Rice  
Beets  
W.W. Roll  
Banana

4  
Beef Stew  
W.W. Roll  
Coleslaw  
Peaches

5  
Pancakes  
Sausage  
Homefries  
Yogurt  
Orange

6  
Pot Roast  
Carrots  
Potatoes  
W.W. Roll  
Banana

7  
Grilled Cheese on W.W. Bread  
Tomato Soup  
Carrot Slaw  
Sun Chips  
Tropical Fruit

8  
Chicken Alfredo over Noodles  
Broccoli Slaw  
Mixed Vegetables  
W.W. Roll  
Pears

11  
American Chop Suey  
W.W. Roll  
Coleslaw  
Mandarin Oranges

12  
Breakfast Sandwich on W.W.  
Muffin  
Homefries  
Yogurt  
Kiwi

13  
Spaghetti w/Meat Sauce  
Peas & Carrots  
W.W. Roll  
Garden Salad  
Banana

14  
Pizza on W.W. Crust  
Tossed Salad  
Mixed Fruit  
Oatmeal Raisin Cookie

15  
Chicken D8van  
Rice Pilaf  
Garden Salad  
W.W. Roll  
Clementines

18  
Chicken Pot Pie w/W.W.  
Biscuit  
Garden Salad  
Broccoli  
Pineapple

19  
French Toast on W.W. Bread  
Bacon  
Roasted Potatoes  
Yogurt  
Clementines

20  
**Senior Thanksgiving Dinner**  
Turkey, Mashed Potatoes  
Stuffing, Cranberry Sauce  
W.W. Roll, Salad, Squash  
Pumpkin Pie

21  
Hamburger on W.W. Roll  
Cheddar Spinach Soup  
4 Bean Salad  
Mandarin Oranges

22  
Grilled Ham & Cheese on  
W.W. Bread  
Corn Chowder  
Coleslaw  
Banana

25  
Meatball Sub on W.W. Roll  
French Fries  
Coleslaw  
Banana

26  
Chipped Beef Gravy on W.W.  
Biscuits  
Homefries  
Yogurt  
Orange

27  
Chicken Marsala w/Brown Rice  
Fresh Spinach  
W.W. Roll  
Caesar Salad  
Tropical Fruit

28  
**Happy Thanksgiving!**  
**Senior Center is Closed**

29  
**Senior Center**  
**is Closed**