

Waterbury Area Senior Center

Lunch Menu

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

October 2019

14 Stowe Street
Waterbury, VT 05676

Phone: 802-244-1234

www.wasca.org

Email: director@wasca.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MOW receive Milk on Mondays</p> <p>Milk & Salad Bar served daily at the Center</p>	<p>1 Chipped Beef Scrambled Eggs W.W. Biscuits Homefries Pineapple</p>	<p>2 Turkey Dinner Mashed Potatoes, Stuffing, Squash, W.W. Roll Orange Pumpkin Pie</p>	<p>3 Grilled Cheese on W.W. Bread Tomato Soup 4 Bean Salad Mandarin Oranges</p>	<p>4 Baked Haddock Brown Rice Coleslaw W.W. Roll Banana</p>
<p>7 Chili Mixed Vegetables Coleslaw W.W. Roll Applesauce</p>	<p>8 Blueberry Pancakes Sausage Homefries Yogurt Kiwi</p>	<p>9 Roast Pork Mashed Potatoes Fresh Carrots Garden Salad Banana</p>	<p>10 Beef Stew Garden Salad W.W. Rolls Pears</p>	<p>11 Monte Crisco on W.W. Bread Carrot Slaw Vegetable Soup Mixed Fruit</p>
<p>14 Columbus Day MOW delivered on 10/11</p>	<p>15 Breakfast Burrito Homefries Applesauce Yogurt</p>	<p>16 Spaghetti w/Meat Sauce W.W. Roll Garden Salad Mandarin Oranges</p>	<p>17 Hamburger on W.W. Roll w/Lettuce and Tomato Vegetable Soup Coleslaw Banana</p>	<p>18 Chicken Parmesan over Pasta Broccoli W.W. Roll Applesauce</p>
<p>21 Chicken Devan Rice Pilaf Garden Salad W.W. Roll Peaches</p>	<p>22 Quiche with Spinach Muffin Yogurt Applesauce</p>	<p>23 Pot Roast Carrots, Potatoes Garden Salad W.W. Roll Banana</p>	<p>24 Pizza w/W.W. Crust Garden Salad Cottage Cheese Apple</p>	<p>25 American Chop Suey Spinach W.W. Roll Garden Salad Banana</p>
<p>28 Mac & Cheese w/Ham Stewed Tomatoes Garden Salad Cornbread Muffin Mandarin Oranges</p>	<p>29 Breakfast Pizza w/W.W. Crust Homefries Yogurt Pineapple</p>	<p>30 Shephards Pie Coleslaw W.W. Roll Mixed Vegetables Applesauce</p>	<p>31 Cheese Ravioli w/Pumpkin Sauce Spinach, W.W. Roll Peaches, Garden Salad Halloween Dessert</p>	<p>SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60</p>