

Lunch Menu

Waterbury Area Senior Center

Served from 11:45 am—1:00 pm
THIS MENU SUBJECT TO CHANGE
WITHOUT NOTICE

June 2020

14 Stowe Street
Waterbury, VT 05676

Phone: 802-244-1234

www.wasca.org

Email: director@wasca.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheeseburger Rice w/Ground Beef & Brown Rice Spinach W.W. Roll Cantaloupe	2 Tuna Noodle Casserole Peas Garden Salad w/Tomatoes Mandarin Oranges	3 Meatloaf Mashed Potatoes W.W. Roll Chocolate Cake	4 Chicken Salad Sandwich on W.W. Roll Pasta Salad w/Tomatoes Peach Crisp	5 Ravioli w/Marinara-Meat Sauce Beets Coleslaw Banana
8 Chicken Parmesan Green Beans Garden Salad w/Tomatoes Yogurt w/Fruit W.W. Bread	9 Egg Salad Sandwich on W.W. Bread Chicken Noodle Soup Coleslaw Pears	10 Macaroni & Cheese w/Ham Broccoli W.W. Roll Mixed Berry Crisp (w/Blueberries, Raspberries, Strawberries, & Blackberries)	11 Baked Haddock Brown Rice Peas Pineapple	12 Spaghetti w/Meat Sauce 3 Bean Salad W.W. Garlic Bread Chocolate Pudding
15 Pizza w/Cheese, Pepperoni, or Veggies on W.W. Crust Caesar Salad Mandarin Oranges Yogurt	16 Chicken Nuggets Sweet Potato Fries Corn Blueberry Muffins	17 Turkey Mashed Potatoes Stuffing, Carrots Cranberry Sauce Apple Crisp	18 Meatball Sub on W.W. Roll Roasted Potatoes Garden Salad w/Tomatoes Banana	19 Chicken Ranch W.W. Wrap Broccoli Applesauce Carrot Cake Muffins
22 Hamburger on W.W. Roll Potato Wedges Peas Yogurt w/Strawberries	23 Chicken & Rice Casserole w/Brown Rice Carrots W.W. Roll Vanilla Cake w/Raspberries	24 Roast Pork Mashed Potatoes Squash Peach Crisp	25 Tuna Fish Sandwich on W.W. Roll Chips Coleslaw Mixed Berry Muffin	26 Fish Sticks Brown Rice Spinach Strawberry Shortcake
29 Ghoulash Peas Green Salad w/Tomatoes W.W. Roll Chocolate Chip Cookie	30 Chicken & Dumplings Caesar Salad Yogurt Mixed Berry Crisp (w/Blueberries, Raspberries, Strawberries, & Blackberries)		SUGGESTED DONATIONS \$4.50 AGES 60+ \$7.50 UNDER 60	MOW receive Milk on Fridays 2% Milk & Salad served daily at the Center