

WATERBURY AREA SENIOR CENTER

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THIS MENU SUBJECT TO CHANGE
WITHOUT NOTICE

January 2023

Revised 1/3/2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Closed for New Years</p>	<p>3 WW French Toast Roasted Potatoes Yogurt Banana Large Oatmeal Cookie Orange Juice</p>	<p>4 Turkey & Stuffing with Gravy Mashed Potatoes Butternut Squash WW Roll Homemade Birthday Cake</p>	<p>5 Homemade Macaroni & Cheese Tossed Salad w/Tomato WW Roll Fruit Cocktail</p>	<p>6 WW Breaded Fish Brown Rice Pilaf Homemade Cornbread Seasoned Spinach Orange</p>
<p>9 Herb Baked Chicken WW Pasta w/ Marinara WW Roll Caesar Salad w/Tomato Mandarin Oranges</p>	<p>10 Scrambled Eggs Hash Brown Patty Yogurt Cantaloupe WW Biscuit Apple Juice</p>	<p>11 Stuffed Green Pepper w/ Hamburger and Brown Rice Tossed Salad w/ Tomato WW Roll Homemade Applesauce Cake</p>	<p>12 Chicken Salad Sandwich on WW Bread w/ Lettuce and Tomato Corn Chowder Grapes</p>	<p>13 Pulled Pork on a WW Roll Mashed Sweet Potatoes Four Bean Salad Peaches</p>
<p>16 Closed for Martin Luther King Jr Day</p>	<p>17 Spinach & Mozzarella Quiche Roasted Potatoes Yogurt with Strawberries Homemade WW Blueberry Muffins Orange Juice</p>	<p>18 Baked Ham w/ Raisin Sauce Scalloped Potatoes Ginger Seasoned Carrots WW Roll Upside Down Pineapple Cake</p>	<p>19 Cheese Ravioli w/ Marinara Sauce and Shredded Mozzarella Tossed Salad w/ Tomato WW Roll Fruit Cocktail</p>	<p>20 Egg Salad Sandwich on WW Bread with Lettuce & Tomato Butternut Squash Soup Mixed Melons</p>
<p>23 Pepperoni & Cheese Pizza on WW Crust Tortellini Salad with Tomatoes Cucumbers Apple</p>	<p>24 Scrambled Eggs Roasted Potatoes Yogurt Banana Apple Cinnamon Muffin Apple Juice</p>	<p>25 Homemade Meatloaf w/ Gravy Mashed Potatoes WW Roll Seasoned Spinach Cantaloupe Brownie</p>	<p>26 Tuna Salad Sandwich on WW Bread w/ Lettuce & Tomato Carrot Raisin Salad Tomato Soup Pears</p>	<p>27 Spaghetti and Meatballs Tossed Salad w/Tomatoes WW Roll Peach Cobbler</p>
<p>30 Oven BBQ Chicken WW Roll Dilled Carrots Tomato and Cucumber Salad Grapes Chocolate Chip Cookie</p>	<p>31 Banana Pancake Sweet Potato Tots Hard Boiled Eggs Yogurt Pineapple Orange Juice</p>			