

OUR MENUS, PER MEAL,
 AVERAGE 500-700
 CALORIES, AND LESS THAN 900
 MG OF SODIUM, EXCLUDING
 SPECIAL EVENT MEALS
 (CONDIMENTS NOT INCLUDED)
 * MEALS WITH MORE THAN
 1000 MG OF SODIUM



Age Well Senior Services

Lunch Menu

LISA GIBSON, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$4.50
 COST - 60 YEARS OR YOUNGER: \$6.00

AWSS RESERVES THE RIGHT TO MAKE
 SUBSTITUTES WITHOUT NOTICE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<h1>August 2018</h1>		FRENCH DIP WITH AU JUS ON A HOAGIE ROLL BROCCOLI AND CAULIFLOWER SALAD CHUCKWAGON CORN FRUITY YOGURT	CHICKEN TACO SALAD WITH LETTUCE, TOMATO, CHEDDAR CHEESE, KIDNEY BEANS, SALSA, AND TORTILLA CHIPS MANDARIN & BANANA SALAD	SMOTHERED MEATLOAF BAKED POTATO WITH SOUR CREAM BUTTERED CARROT COINS 1/2 SLICE 9 GRAIN BREAD ORANGE JUICE ROCKY ROAD PUDDING
				1	2	3
BBQ CHICKEN STRIPS MACARONI & CHEESE GREEN PEAS GARDEN BLEND SALAD WITH TOMATOES ORANGE JUICE VANILLA WAFERS	MINISTRONE SOUP ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD TRI-COLOR COLESLAW FRESH MELON	CREAMY ROSEMARY CHICKEN CAESAR SALAD ROASTED RED POTATOES BROCCOLI FLORETS ÉCLAIR	MEATBALL SANDWICH TOSSED SALAD WITH DRESSING ORANGE JUICE CINNAMON APPLES	CHICKEN FAJITA BOWL FRESH GARDEN SALAD WITH TOMATOES BANANA		
6	7	8	9	10		
APRICOT GLAZED CHICKEN BREAST LONG GRAIN BROWN RICE CAPRI BLEND VEGETABLES 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE TAPIOCA PUDDING	SPINACH CANNELLONI TOSSED SALAD WITH TOMATOES 1/2 SLICE WHOLE GRAIN BREAD FRESH FRUIT	CHEESY TUNA CASSEROLE CAESAR SALAD WITH CROUTONS GREEN PEAS CLEMENTINE VANILLA WAFERS	SALISBURY STEAK WITH ONION GRAVY BAKED POTATO WITH SOUR CREAM BRUSSEL SPROUTS RYE BREAD MANDARIN, STRAWBERRY AND BANANA DESSERT	<i>Hawaiian Luau</i> SWEET AND SOUR CHICKEN PINEAPPLE COLESLAW BROWN RICE ASIAN VEGETABLES ORANGE COCONUT CAKE		
13	14	15	16	17		
GRILLED SAUSAGE WITH PEPPERS & ONIONS OVER EGG NOODLES CARROTS & CAULIFLOWER SLICED PEACHES WITH RASPBERRIES	BAKED FISH FILET WITH TARTAR SAUCE COLESLAW ROASTED RED POTATOES STONE GROUND WHEAT BREAD BANANA	CHICKEN CURRY OVER BROWN RICE GREEN BEANS SPRING SALAD MIX WITH DRESSING FRESH ORANGE	PINEAPPLE GLAZED HAM SWEET POTATOES BRUSSEL SPROUTS 1/2 SLICE RYE BREAD ORANGE JUICE CINNAMON APPLES	<i>Beach Day</i> CHEESEBURGER ON A BUN LETTUCE AND TOMATO BAKED BEANS COLESLAW ICE CREAM CUP		
20	21	22	23	24		
LENTIL SOUP TURKEY SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD FRESH ORANGE OATMEAL COOKIES	TERIYAKI MEATBALL RICE BOWL WITH BROCCOLI & CARROTS MANDARIN & BANANA SALAD	PARMESAN CHICKEN SPAGHETTI & SAUCE SPRING SALAD MIX WITH TOMATOES ORANGE JUICE AMBROSIA	HOMESTYLE MEATLOAF WITH MUSHROOM GRAVY WHIPPED POTATOES SUCCOTASH TAPIOCA PUDDING	<i>Birthday & Labor Day Celebration</i> BBQ CHICKEN THIGHS CHUCKWAGON CORN TOMATO & GREEN BEAN SALAD WHEAT BREAD & BANANA		
27	28	29	30	31		

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

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Cold Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<h1>August 2018</h1>		SEAFOOD SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE MANDARIN & BANANA SALAD 1	HARVEST VEGETARIAN PLATE STONEGROUND BREAD ORANGE PINEAPPLE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES 2	TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE SLICED TOMATOES WITH DRESSING CHOCOLATE PUDDING 3
				HUMMUS WRAP SLICED BEETS WITH DRESSING ORANGE PINEAPPLE JUICE PEARS 6	SNOBALL SALAD PLATE 9 GRAIN BREAD ORANGE JUICE LEMON PUDDING 7	HAM & CHEESE SANDWICH ON RYE BREAD COLESLAW FRESH ORANGE 8
SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 13	ROAST BEEF & CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE 14	EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT 15	CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT 16	CHICKEN SALAD SANDWICH ON HONEY WHEATBERRY BREAD THREE BEAN SALAD CANTALOUPE 17		
TUNA SALAD PLATE ORANGE JUICE ROLL GRANDMA'S OATMEAL RAISIN COOKIES 20	HAM SANDWICH ON CANADIAN OAT BREAD BEETS WITH DRESSING FRESH ORANGE 21	SPINACH SALAD WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE PUDDING 22	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH FRUIT 23	CHICKEN SALAD SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRUIT COCKTAIL 24		
CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE CHOCOLATE PUDDING 27	HARVEST VEGETARIAN PLATE WHOLE WHEAT BREAD ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN 28	HUMMUS WRAP CANTALOUPE ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES 29	SNOBALL SALAD 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT 30	SUBMARINE SANDWICH ON FRENCH ROLL COLESLAW ORANGE PINEAPPLE JUICE CLEMENTINE VANILLA WAFERS 31		