

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

MARCH



2019

SPLIT PEA SOUP
 TUNA SALAD SANDWICH ON
 WHOLE WHEAT BREAD
 BROCCOLI & CAULIFLOWER
 SALAD
 GRAHAM CRACKERS 

1

BBQ CHICKEN THIGHS
 CHUCKWAGON CORN
 TOMATO AND GREEN
 BEAN SALAD
 1/2 SLICE STONE GROUND
 WHEAT BREAD
 BANANA CAKE

4


Mardi Gras

JAMBALYA
 BROWN RICE
 PINEAPPLE COLESLAW
 9 GRAIN BREAD
 PEACH COBBLER



5

Ash Wednesday

LENTIL SOUP
 TURKEY SANDWICH ON
 WHOLE WHEAT BREAD
 CARROT RAISIN SALAD
 FRESH ORANGE
 OATMEAL COOKIES 

6

**TERIYAKI MEATBALL
 RICE BOWL WITH
 BROCCOLI & CARROTS**
 MANDARIN & BANANA
 SALAD

7

PARMESAN CHICKEN
 SPAGHETTI & SAUCE
 SPRING SALAD MIX WITH
 TOMATOES
 ORANGE JUICE
 AMBROSIA

8

**SOUTHWESTERN CHICKEN
 CHILI WITH TOPPINGS**
 GARDEN SALAD WITH
 DRESSING
 CORN MUFFIN
 NUTMEG CUSTARD

11

**FISH FILET IN A
 CREAMY DILL SAUCE**
 LONG GRAIN BROWN RICE
 BUTTERED CARROT COINS
 CAESAR SALAD WITH
 CROUTONS
 ORANGE JUICE
 FRUITY YOGURT

12

**BEEF STROGANOFF OVER
 EGG NOODLES**
 BRUSSELS SPROUTS
 1/2 SLICE WHOLE WHEAT
 BREAD
 CINNAMON APPLES

13

CHICKEN MARSALA
 BROWN RICE
 GREEN PEAS
 STONE-GROUND WHEAT
 BREAD
 FRESH FRUIT SALAD

14

St. Patrick's Day

**CORNEB BEEF
 SANDWICH ON RYE
 SPLIT PEA SOUP
 COLESLAW
 LIME JELLO WITH FRUIT**

15

HONEY MUSTARD CHICKEN
 BAKED TOMATO HALF
 ROASTED RED POTATOES
 1/2 SLICE WHOLE WHEAT
 BREAD
 FRUITY RASPBERRY
 GELATIN

18

**CHICKEN ENCHILADA
 CASSEROLE**
 SPRING SALAD MIX WITH
 TOMATOES
 SPANISH RICE
 ORANGE JUICE
 FRUIT AMBROSIA

19

Spring Begins

BAKED ZITI / MEAT SAUCE
 SPINACH SALAD & CREAMY
 ITALIAN DRESSING
 ITALIAN BLEND VEGGIES
 SLICED APPLES

20

**HERB ROASTED PORK
 LOIN & GRAVY**
 BAKED SWEET POTATO
 CAPRI BLEND VEGETABLES
 ORANGE JUICE
 1/2 SLICE 9 GRAIN BREAD
 OATMEAL COOKIES

21

**CREAMY MACARONI &
 CHEESE**
 BUTTERED CARROT COINS
 GREEN PEAS
 FRESH ORANGE SLICES

22

**TERIYAKI BEEF
 OVER BROWN RICE**
 ASIAN STYLE VEGETABLES
 1/2 SLICE WHEAT BREAD
 BUTTERSCOTCH PUDDING


25

**BEEF STEW WITH
 POTATOES, CARROT,
 ONION & CELERY**
 GARDEN SALAD WITH
 TOMATOES
 1/2 SLICE WHEAT BREAD
 SLICED APPLES

26

STUFFED GREEN PEPPERS
 BABY CARROTS
 SPINACH SALAD WITH
 DRESSING
 1/2 SLICE WHOLE WHEAT
 BREAD
 BANANA CAKE

27

CHICKEN NOODLE SOUP
 TUNA SALAD SANDWICH
 ON WHOLE WHEAT
 BREAD 
 TOMATO & GREEN BEAN
 SALAD
 ROCKY ROAD PUDDING

28

Happy Birthday!

**OVEN ROASTED CHICKEN
 THIGHS**
 ROSEMARY RED POTATOES
 SWEET & SOUR CABBAGE
 1/2 SLICE WHEAT BREAD
 ÉCLAIR

29

*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

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MARCH



2019

CHICKEN SALAD SANDWICH
ON DELI RYE BREAD
CARROT RAISIN SALAD
ORANGE PINEAPPLE JUICE
FRUIT COCKTAIL

1

SUBMARINE SANDWICH ON
FRENCH ROLL
COLESLAW
ORANGE PINEAPPLE JUICE
CANTALOUPE

4

QUINOA SALAD PLATE
BLUEBERRY MUFFIN
ORANGE JUICE
FRESH FRUIT

5

CAESAR SALAD
9 GRAIN BREAD
ORANGE JUICE
CHOCOLATE PUDDING

6

HARVEST VEGETARIAN
PLATE
WHOLE WHEAT ROLL
ORANGE PINEAPPLE JUICE
FRUITY RASPBERRY
GELATIN

7

HUMMUS WRAP
CANTALOUPE
ORANGE PINEAPPLE JUICE
GRANDMA'S OATMEAL
RAISIN COOKIES

8

TUNA SALAD PLATE
CROISSANT
ORANGE JUICE
APPLESAUCE

11

ROAST BEEF & CHEESE
SANDWICH ON
9 GRAIN BREAD
GARDEN SALAD WITH
DRESSING
ORANGE PINEAPPLE JUICE
FRESH FRUIT

12

SUBMARINE SANDWICH
ON A FRENCH ROLL
TOMATO WEDGE WITH
DRESSING
ORANGE JUICE
CLEMENTINE
VANILLA WAFER

13

EGG SALAD SANDWICH
ON 100% WHOLE WHEAT
BREAD
TOMATOES WITH DRESSING
ORANGE JUICE
CHOCOLATE PUDDING

14

CHICKEN SALAD SANDWICH
ON 9 GRAIN BREAD
CARROT RAISIN SALAD
ORANGE PINEAPPLE JUICE
FRESH FRUIT

15

HAM SALAD SANDWICH
ON RYE BREAD
SLICED BEETS WITH
DRESSING
ORANGE JUICE
CHOCOLATE PUDDING

18

SPINACH SALAD
BLUEBERRY MUFFIN
ORANGE JUICE
FRESH FRUIT

19

GREEK LENTIL SALAD
PITA BREAD
ORANGE JUICE
FAMOUS AMOS CHOCOLATE
CHIP COOKIES

20

TURKEY SANDWICH ON
WHEATBERRY BREAD
CARROT RAISIN SALAD
ORANGE PINEAPPLE JUICE
MANDARIN ORANGES &
BANANA

21

ROAST BEEF SANDWICH
ON 100% WHOLE WHEAT
BREAD
COLESLAW
ORANGE PINEAPPLE JUICE
FRESH FRUIT

22

TUNA SALAD PLATE
WHOLE WHEAT BREAD
ORANGE PINEAPPLE JUICE
GRANDMA'S OATMEAL
RAISIN COOKIES

25

TURKEY SANDWICH ON
WHEATBERRY BREAD
COLESLAW
ORANGE JUICE
FRESH APPLE

26

CHICKEN SALAD SANDWICH
ON A CROISSANT
GARDEN SALAD WITH
DRESSING
ORANGE JUICE
APPLESAUCE

27

HARVEST VEGETARIAN
PLATE
WHEAT ROLL
ORANGE PINEAPPLE JUICE
TAPIOCA PUDDING

28

HAM & CHEESE SANDWICH
ON CANADIAN WHEAT
BREAD
TOMATOES/ WITH
DRESSING
ORANGE PINEAPPLE JUICE
CANTALOUPE

29