

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

Lunch Menu

KATIE O'MARA, R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$5.50
 COST - 60 YEARS OR YOUNGER: \$7.50

AWSS RESERVES THE RIGHT TO MAKE
 SUBSTITUTES WITHOUT NOTICE

MONDAY

TUESDAY

WEDNESDAY




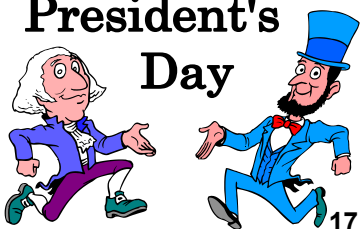


THURSDAY

FRIDAY



February 2020



<p>BEEF STROGANOFF OVER EGG NOODLES BRUSSELS SPROUTS 1/2 SLICE WHOLE WHEAT BREAD CINNAMON APPLES</p> <p style="text-align: right;">3</p>	<p>FISH FILET IN A CREAMY DILL SAUCE LONG GRAIN BROWN RICE BUTTERED CARROT COINS CAESAR SALAD WITH CROUTONS ORANGE JUICE FRUITY YOGURT</p> <p style="text-align: right;">4</p>	<p>SOUTHWESTERN CHICKEN CHILI WITH TOPPINGS GARDEN SALAD WITH DRESSING CORN MUFFIN NUTMEG CUSTARD</p> <p style="text-align: right;">5</p>	<p>CHICKEN MARSALA BROWN RICE GREEN PEAS STONE-GROUND WHEAT BREAD FRESH FRUIT SALAD</p> <p style="text-align: right;">6</p>	<p>Super Bowl Party CHILI CHEESE DOG COLESLAW WATERMELON ICE CREAM CUP</p>  <p style="text-align: right;">7</p>
<p>BAKED ZITI WITH MEAT SAUCE SPINACH SALAD WITH CREAMY ITALIAN DRESSING ITALIAN BLEND VEGGIES SLICED APPLES</p> <p style="text-align: right;">10</p>	<p>CHICKEN ENCHILADA CASSEROLE SPRING SALAD MIX WITH TOMATOES SPANISH RICE ORANGE JUICE FRUIT AMBROSIA</p> <p style="text-align: right;">11</p>	<p>SPINACH CANNELLONI TOSSED SALAD WITH TOMATOES 1/2 SLICE WHOLE GRAIN BREAD FRESH FRUIT</p> <p style="text-align: right;">12</p>	<p><i>Mardi Gras</i> JAMBALYA BROWN RICE PINEAPPLE COLESLAW 9 GRAIN BREAD PEACH COBBLER</p>  <p style="text-align: right;">13</p>	<p><i>Happy Valentine's Day</i> CHICKEN CORDON BLEU RICE PILAF CREAMED SPINACH CAESAR SALAD STRAWBERRY SHORTCAKE</p>  <p style="text-align: right;">14</p>
<p>President's Day</p>  <p style="text-align: right;">17</p>	<p>TERIYAKI BEEF OVER BROWN RICE ASIAN STYLE VEGETABLES 1/2 SLICE WHEAT BREAD BUTTERSCOTCH PUDDING</p> <p style="text-align: right;">18</p>	<p>BEEF STEW WITH POTATOES, CARROT, ONION & CELERY GARDEN SALAD WITH TOMATOES 1/2 SLICE WHEAT BREAD SLICED APPLES</p> <p style="text-align: right;">19</p>	<p>STUFFED GREEN PEPPERS BABY CARROTS SPINACH SALAD WITH DRESSING 1/2 SLICE WHOLE WHEAT BREAD BANANA CAKE</p> <p style="text-align: right;">20</p>	<p>PRESIDENT'S DAY CELEBRATION MEATLOAF & GRAVY BAKED POTATO/SOUR CRM CARROTS & MIXED FRUIT WHEAT BREAD ECLAIR</p>  <p style="text-align: right;">21</p>
<p>CHICKEN PARMIGIANA ROTINI PASTA WITH MARINARA SAUCE ITALIAN BLEND VEGGIES SPINACH SALAD FRESH FRUIT</p> <p style="text-align: right;">24</p>	<p>YANKEE POT ROAST ROASTED RED POTATOES CARROTS WHOLE WHEAT ROLL MANDARIN & BANANA SALAD</p> <p style="text-align: right;">25</p>	<p>PULLED PORK BBQ SANDWICH ON A BUN CORN & BLACK BEAN SALAD COLESLAW SEASONAL MELON</p> <p style="text-align: right;">26</p>	<p>SWEDISH MEATBALLS ON A BED OF EGG NOODLES ROASTED TOMATO 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE RASPBERRY SHERBET</p> <p style="text-align: right;">27</p>	<p>Birthday Celebration CHICKEN FAJITAS WITH A FLOUR TORTILLA PEPPERS & ONIONS REFRIED BEANS SPANISH RICE CUSTARD WITH PEACHES</p>  <p style="text-align: right;">28</p>

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

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WEDNESDAY

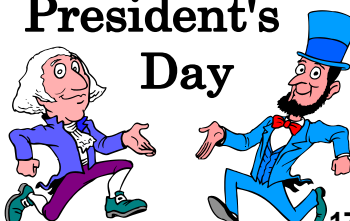
THURSDAY

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<p>TANGY VEGETABLE WRAP TOMATO WEDGES WITH DRESSING CLEMENTINE VANILLA WAFERS ORANGE JUICE</p> <p style="text-align: right;">3</p>	<p>ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING FRESH FRUIT ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">4</p>	<p>TUNA SALAD PLATE CROISSANT APPLESAUCE ORANGE JUICE</p> <p style="text-align: right;">5</p>	<p>EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATOES WITH DRESSING CHOCOLATE PUDDING ORANGE JUICE</p> <p style="text-align: right;">6</p>	<p>SEAFOOD SALAD ON A WHOLE WHEAT ROLL CARROT RAISIN SALAD FRESH FRUIT ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">7</p>
<p>GREEK LENTIL SALAD PITA BREAD FAMOUS AMOS CHOCOLATE CHIP COOKIES ORANGE JUICE</p> <p style="text-align: right;">10</p>	<p>SPINACH SALAD BLUEBERRY MUFFIN FRESH FRUIT ORANGE JUICE</p> <p style="text-align: right;">11</p>	<p>HAM SALAD SANDWICH ON RYE BREAD THREE BEAN SALAD CHOCOLATE PUDDING ORANGE JUICE</p> <p style="text-align: right;">12</p>	<p>ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BREAD COLESLAW FRESH FRUIT ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">13</p>	<p>ROASTED RED PEPPER CHICKPEA HUMMUS WRAP CARROT RAISIN SALAD MANDARIN ORANGE WITH BANANAS ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">14</p>
<p>President's Day</p>  <p style="text-align: right;">17</p>	<p>TUNA SALAD PLATE ON WHOLE WHEAT BREAD GRANDMA OATMEAL RAISIN COOKIES ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">18</p>	<p>TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE</p> <p style="text-align: right;">19</p>	<p>CHICKEN SALAD SANDWICH ON A CROISSANT GARDEN SALAD WITH DRESSING APPLESAUCE ORANGE JUICE</p> <p style="text-align: right;">20</p>	<p>HARVEST VEGETARIAN PLATE WHEAT ROLL TAPIOCA PUDDING ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">21</p>
<p>HUMMUS WRAP CANTALOUPE YOGURT ORANGE JUICE</p> <p style="text-align: right;">24</p>	<p>EGG SALAD ON WHOLE WHEAT BREAD TOMATO WEDGES WITH DRESSING FRESH FRUIT ORANGE JUICE</p> <p style="text-align: right;">25</p>	<p>SPINACH SALAD BLUEBERRY MUFFIN FRESH FRUIT ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">26</p>	<p>TUNA SALAD PLATE 9 GRAIN BREAD FRESH FRUIT ORANGE JUICE</p> <p style="text-align: right;">27</p>	<p>HAM SANDWICH CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE</p> <p style="text-align: right;">28</p>