

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




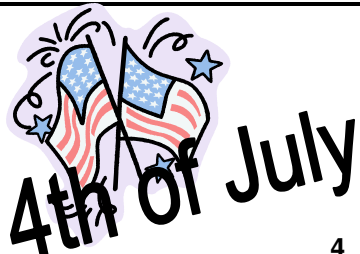


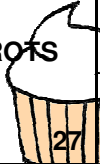

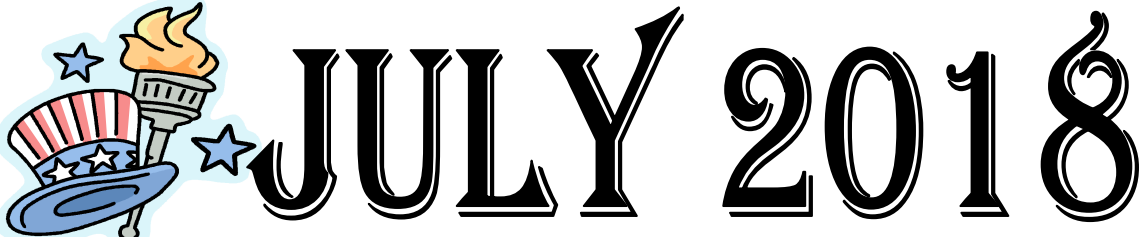
# Age Well Senior Services

## 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
<b>July 4th Celebration</b> <b>BBQ CHICKEN</b> BAKED BEANS POTATO SALAD ROLL RED, WHITE & BLUE SHORTCAKE  <p style="text-align: right;">2</p>	<b>Red, White &amp; Blue Day</b> <b>CHEESEBURGER ON A BUN</b> LETTUCE AND TOMATO CARROT RAISIN SALAD COLESLAW ICE CREAM CUP <p style="text-align: right;">3</p>	 <p style="text-align: right;">4</p>	<b>SOUTHWESTERN CHICKEN CHILI WITH TOPPINGS</b> GARDEN SALAD WITH DRESSING CORN MUFFIN NUTMEG CUSTARD <p style="text-align: right;">5</p>	<b>BEEF STROGANOFF OVER EGG NOODLES</b> BRUSSELS SPROUTS 1/2 SLICE WHOLE WHEAT BREAD CINNAMON APPLES <p style="text-align: right;">6</p>
<b>HERB ROASTED PORK LOIN &amp; GRAVY</b> BAKED SWEET POTATO CAPRI BLEND VEGETABLES ORANGE JUICE 1/2 SLICE 9 GRAIN BREAD OATMEAL COOKIES <p style="text-align: right;">9</p>	<b>BAKED ZITI WITH MEAT SAUCE</b> SPINACH SALAD WITH CREAMY ITALIAN DRESSING ITALIAN BLEND VEGGIES SLICED APPLES <p style="text-align: right;">10</p>	<b>HONEY MUSTARD CHICKEN</b> BAKED TOMATO HALF ROASTED RED POTATOES 1/2 SLICE WHOLE WHEAT BREAD FRUITY RASPBERRY GELATIN <p style="text-align: right;">11</p>	<b>CHICKEN ENCHILADA CASSEROLE</b> SPRING SALAD MIX WITH TOMATOES SPANISH RICE ORANGE JUICE FRUIT AMBROSIA <p style="text-align: right;">12</p>	<b>Bastille Day</b> <b>CHICKEN CORDON BLEU</b> RICE PILAF CREAMED SPINACH CAESAR SALAD ECLAIR  <p style="text-align: right;">13</p>
<b>SWISS STEAK &amp; GRAVY</b> BAKED POTATO WITH SOUR CREAM CREAMED SPINACH 1/2 SLICE 9 GRAIN BREAD SLICED PEACHES WITH RASPBERRIES <p style="text-align: right;">16</p>	<b>SANTA FE CHICKEN STRIPS</b> LONG GRAIN BROWN RICE GREEN PEAS 1/2 SLICE STONE GROUND WHEAT BREAD FRESH FRUIT SALAD <p style="text-align: right;">17</p>	<b>BEEF STEW WITH POTATOES, CARROT, ONION &amp; CELERY</b> GARDEN SALAD WITH TOMATOES 1/2 SLICE WHEAT BREAD SLICED APPLES <p style="text-align: right;">18</p>	<b>STUFFED GREEN PEPPERS</b> BABY CARROTS SPINACH SALAD WITH DRESSING 1/2 SLICE WHOLE WHEAT BREAD BANANA CAKE <p style="text-align: right;">19</p>	<b>Baseball Trivia Day</b> <b>CHILI CHEESE DOG</b> <b>HOT DOG BUN</b> COLESLAW ICE CREAM CUP  <p style="text-align: right;">20</p>
<b>TERIYAKI BEEF OVER BROWN RICE</b> ASIAN STYLE VEGETABLES 1/2 SLICE WHEAT BREAD BUTTERSCOTCH PUDDING <p style="text-align: right;">23</p>	<b>CHICKEN PARMIGIANA</b> ROTINI PASTA WITH MARINARA SAUCE ITALIAN BLEND VEGGIES SPINACH SALAD FRESH FRUIT <p style="text-align: right;">24</p>	<b>PULLED PORK BBQ SANDWICH ON A BUN</b> CORN & BLACK BEAN SALAD COLESLAW SEASONAL MELON <p style="text-align: right;">25</p>	<b>SWEDISH MEATBALLS ON A BED OF EGG NOODLES</b> ROASTED TOMATO 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE RASPBERRY SHERBET <p style="text-align: right;">26</p>	<b>Happy Birthday</b> <b>MANDARIN CHICKEN RICE BOWL WITH BROCCOLI &amp; CARROTS</b> ORANGE JUICE CHOCOLATE CAKE  <p style="text-align: right;">27</p>
<b>SPAGHETTI &amp; MEATBALLS</b> ITALIAN BLEND VEGGIES SPRING SALAD MIX WITH DRESSING SLICED PEACHES WITH RASPBERRIES <p style="text-align: right;">30</p>	<b>CREAM OF BROCCOLI SOUP</b> EGG SALAD SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD ORANGE JUICE OATMEAL COOKIES  <p style="text-align: right;">31</p>			

\*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
ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 2	EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATOES WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING 3	 4	TUNA SALAD PLATE CROISSANT ORANGE JUICE APPLESAUCE 5	SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGE/DRESSING ORANGE JUICE CANTALOUPE 6
TURKEY SANDWICH ON WHEATBERRY BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE MANDARIN ORANGES & BANANA 9	SNOBALL SALAD PLATE ROLL ORANGE JUICE FRESH FRUIT 10	HAM SALAD SANDWICH ON RYE BREAD THREE BEAN SALAD ORANGE JUICE FRESH FRUIT 11	SPINACH SALAD ROLL ORANGE JUICE FRESH FRUIT 12	ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BREAD COLESLAW ORANGE PINEAPPLE JUICE FRESH FRUIT 13
TUNA SALAD PLATE WHOLE WHEAT BREAD ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES 16	HAM & CHEESE SANDWICH ON CANADIAN WHEAT BREAD TOMATOES/DRESSING ORANGE PINEAPPLE JUICE 17	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE CANTALOUPE 18	CHICKEN SALAD SANDWICH ON A CROISSANT GARDEN SALAD WITH DRESSING ORANGE JUICE APPLESAUCE 19	HARVEST VEGETARIAN PLATE ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT 20
TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE 23	HUMMUS WRAP CANTALOUPE ORANGE JUICE YOGURT 24	SPINACH SALAD WHEAT ROLL ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 25	TUNA SALAD PLATE 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT 26	MEATLOAF SANDWICH ON STONEGROUND BREAD TOMATO WEDGES WITH DRESSING ORANGE PINEAPPLE JUICE CHOCOLATE CAKE 27
EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATO WEDGES ORANGE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES 30	HAM SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE-PINEAPPLE JUICE OATMEAL COOKIES 31			