

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

<p><b>CREAM OF BROCCOLI SOUP</b>            EGG SALAD SANDWICH ON WHOLE WHEAT BREAD            CARROT RAISIN SALAD            ORANGE JUICE            OATMEAL COOKIES</p> <p style="text-align: right;">1</p>	<p><b>SPAGHETTI &amp; MEATBALLS</b>            ITALIAN BLEND VEGGIES            SPRING SALAD MIX WITH DRESSING            SLICED PEACHES WITH RASPBERRIES</p> <p style="text-align: right;">2</p>	<p><b>FRENCH DIP WITH AU JUS ON A HOAGIE ROLL</b>            BROCCOLI AND CAULIFLOWER SALAD            CHUCKWAGON CORN            FRUITY YOGURT</p> <p style="text-align: right;">3</p>	<p><b>CHICKEN TACO SALAD</b>            WITH LETTUCE, TOMATO, CHEDDAR CHEESE, KIDNEY BEANS, SALSA, AND TORTILLA CHIPS            MANDARIN &amp; BANANA SALAD</p> <p style="text-align: right;">4</p>	<p><b>SMOTHERED MEATLOAF</b>            BAKED POTATO WITH SOUR CREAM            BUTTERED CARROT COINS            1/2 SLICE 9 GRAIN BREAD            ORANGE JUICE            ROCKY ROAD PUDDING</p> <p style="text-align: right;">5</p>
<p><b>MINESTRONE SOUP</b>            ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD            TRI-COLOR COLESLAW            FRESH MELON</p> <p style="text-align: right;">8</p>	<p><b>MEATBALL SANDWICH</b>            TOSSED SALAD WITH DRESSING            ORANGE JUICE            CINNAMON APPLES</p> <p style="text-align: right;">9</p>	<p><b>CREAMY ROSEMARY CHICKEN</b>            CAESAR SALAD            ROASTED RED POTATOES            BROCCOLI FLORETS            ÉCLAIR</p> <p style="text-align: right;">10</p>	<p><b>CHICKEN FAJITA BOWL</b>            FRESH GARDEN SALAD WITH TOMATOES            BANANA</p> <p style="text-align: right;">11</p>	<p><i>Oktoberfest</i>  <b>BRATWURST</b>            GERMAN POTATO SALAD            CARROT RAISIN SALAD            RYE BREAD            APPLE CRISP</p> <p style="text-align: right;">12</p>
<p><b>APRICOT GLAZED CHICKEN BREAST</b>            LONG GRAIN BROWN RICE            CAPRI BLEND VEGETABLES            1/2 SLICE WHEAT BREAD            ORANGE JUICE            TAPIOCA PUDDING</p> <p style="text-align: right;">15</p>	<p><b>CHEESY TUNA CASSEROLE</b>            CAESAR SALAD WITH CROUTONS            GREEN PEAS            CLEMENTINE            VANILLA WAFERS</p> <p style="text-align: right;">16</p>	<p><b>SPINACH CANNELLONI</b>            TOSSED SALAD WITH TOMATOES            1/2 SLICE WHOLE GRAIN BREAD            FRESH FRUIT</p> <p style="text-align: right;">17</p>	<p><b>SALISBURY STEAK WITH ONION GRAVY</b>            BAKED POTATO WITH SOUR CREAM            BRUSSEL SPROUTS            RYE BREAD            MANDARIN, STRAWBERRY AND BANANA DESSERT</p> <p style="text-align: right;">18</p>	<p><b>VEGETABLES BEEF SOUP</b>            SPRING SALAD WITH DRESSING            TURKEY SANDWICH ON WHOLE WHEAT BREAD            FRESH FRUIT</p> <p style="text-align: right;">19</p>
<p><b>BAKED FISH FILET WITH TARTAR SAUCE</b>            COLESLAW            ROASTED RED POTATOES            STONE GROUND WHEAT BREAD            BANANA</p> <p style="text-align: right;">22</p>	<p><b>GRILLED SAUSAGE WITH PEPPERS &amp; ONIONS OVER EGG NOODLES</b>            CARROTS &amp; CAULIFLOWER            SLICED PEACHES WITH RASPBERRIES</p> <p style="text-align: right;">23</p>	<p><b>CHICKEN CURRY OVER BROWN RICE</b>            GREEN BEANS            SPRING SALAD MIX WITH DRESSING            FRESH ORANGE</p> <p style="text-align: right;">24</p>	<p><b>PINEAPPLE GLAZED HAM</b>            SWEET POTATOES            BRUSSEL SPROUTS            1/2 SLICE RYE BREAD            ORANGE JUICE            CINNAMON APPLES</p> <p style="text-align: right;">25</p>	<p><i>Happy Birthday</i>  <b>SPLIT PEA SOUP</b>            TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD            BROCCOLI &amp; CAULIFLOWER SALAD            CHOCOLATE CAKE</p> <p style="text-align: right;">26</p>
<p><b>BBQ CHICKEN THIGHS</b>            CHUCKWAGON CORN            TOMATO AND GREEN BEAN SALAD            1/2 SLICE STONE GROUND WHEAT BREAD            BANANA CAKE</p> <p style="text-align: right;">29</p>	<p><b>TERIYAKI MEATBALL RICE BOWL WITH BROCCOLI &amp; CARROTS</b>            MANDARIN &amp; BANANA SALAD</p> <p style="text-align: right;">30</p>	<p><b>Halloween</b>            CHILI STUFFED BAKED POTATO W/CHEESE            BROCCOLI            CORN MUFFIN            HALLOWEEN CAKE</p> <p style="text-align: right;">31</p>	<p style="text-align: center;"><b>OCTOBER 2018</b></p>	

\*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL



# Age Well Senior Services

## Cold Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p>HAM SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE-PINEAPPLE JUICE OATMEAL COOKIES</p> <p style="text-align: right;"><b>1</b></p>	<p>EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATO WEDGES ORANGE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>2</b></p>	<p>SEAFOOD SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE MANDARIN &amp; BANANA SALAD</p> <p style="text-align: right;"><b>3</b></p>	<p>HARVEST VEGETARIAN PLATE STONEGROUND BREAD ORANGE PINEAPPLE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>4</b></p>	<p>TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE SLICED TOMATOES WITH DRESSING CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>5</b></p>
<p>SNOBALL SALAD PLATE 9 GRAIN BREAD ORANGE JUICE LEMON PUDDING</p> <p style="text-align: right;"><b>8</b></p>	<p>CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE FRUITED GELATIN</p> <p style="text-align: right;"><b>9</b></p>	<p>HAM &amp; CHEESE SANDWICH ON RYE BREAD COLESLAW FRESH ORANGE</p> <p style="text-align: right;"><b>10</b></p>	<p>SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGES WITH DRESSING CANTALOUPE</p> <p style="text-align: right;"><b>11</b></p>	<p>HUMMUS WRAP SLICED BEETS WITH DRESSING ORANGE PINEAPPLE JUICE PEARS</p> <p style="text-align: right;"><b>12</b></p>
<p>SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>15</b></p>	<p>EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;"><b>16</b></p>	<p>ROAST BEEF &amp; CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE</p> <p style="text-align: right;"><b>17</b></p>	<p>CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT</p> <p style="text-align: right;"><b>18</b></p>	<p>CHICKEN SALAD SANDWICH ON HONEY WHEATBERRY BREAD THREE BEAN SALAD CANTALOUPE</p> <p style="text-align: right;"><b>19</b></p>
<p>HAM SANDWICH ON CANADIAN OAT BREAD BEETS WITH DRESSING FRESH ORANGE</p> <p style="text-align: right;"><b>22</b></p>	<p>TUNA SALAD PLATE ORANGE JUICE ROLL GRANDMA'S OATMEAL RAISIN COOKIES</p> <p style="text-align: right;"><b>23</b></p>	<p>SPINACH SALAD WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE PUDDING</p> <p style="text-align: right;"><b>24</b></p>	<p>TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;"><b>25</b></p>	<p>CHICKEN SALAD SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRUIT COCKTAIL</p> <p style="text-align: right;"><b>26</b></p>
<p>SUBMARINE SANDWICH ON FRENCH ROLL COLESLAW ORANGE PINEAPPLE JUICE CLEMENTINE VANILLA WAFERS</p> <p style="text-align: right;"><b>29</b></p>	<p>HARVEST VEGETARIAN PLATE WHOLE WHEAT BREAD ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN</p> <p style="text-align: right;"><b>30</b></p>	<p>CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>31</b></p>	<h1>OCTOBER 2018</h1>	