

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

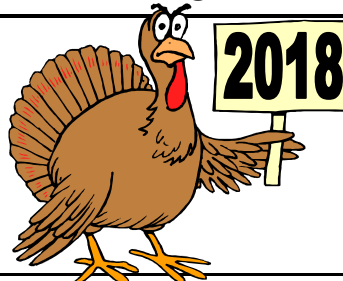
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

November



FISH FILET IN A CREAMY DILL SAUCE
 LONG GRAIN BROWN RICE
 BUTTERED CARROT COINS
 CAESAR SALAD WITH CROUTONS
 ORANGE JUICE
 FRUITY YOGURT 5

SOUTHWESTERN CHICKEN CHILI WITH TOPPINGS
 GARDEN SALAD WITH DRESSING
 CORN MUFFIN
 NUTMEG CUSTARD 6

BUTTERNUT SQUASH SOUP
 ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD
 BROCCOLI & CAULIFLOWER SALAD
 CHOCOLATE CHIP COOKIES 7

PARMESAN CHICKEN
 SPAGHETTI & SAUCE
 SPRING SALAD MIX WITH TOMATOES
 ORANGE JUICE
 AMBROSIA 1

WORLD SERIES DAY
 CHEESEBURGER ON A BUN
 LETTUCE, TOMATO
 BAKED BEANS
 COLESLAW
 ICE CREAM CUP 2


Veteran's Day 12

BAKED ZITI WITH MEAT SAUCE
 SPINACH SALAD WITH CREAMY ITALIAN DRESSING
 ITALIAN BLEND VEGGIES
 SLICED APPLES 13

HONEY MUSTARD CHICKEN
 BAKED TOMATO HALF
 ROASTED RED POTATOES
 1/2 SLICE WHOLE WHEAT BREAD
 FRUITY RASPBERRY GELATIN 14

CHICKEN MARSALA
 BROWN RICE
 GREEN PEAS
 STONE-GROUND WHEAT BREAD
 FRESH FRUIT SALAD 8

VETERAN'S DAY
BEEF STROGANOFF OVER EGG NOODLES
 BRUSSELS SPROUTS
 1/2 SLICE WHEAT BREAD
 APPLE COBBLER 9

CREAMY MACARONI & CHEESE
 BUTTERED CARROT COINS
 GREEN PEAS
 FRESH ORANGE SLICES 15

CHICKEN ENCHILADA CASSEROLE
 SPRING SALAD MIX WITH TOMATOES
 SPANISH RICE
 ORANGE JUICE
 FRUIT AMBROSIA 16

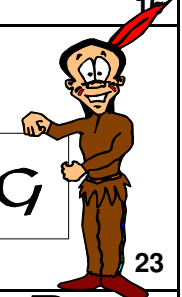
OVEN ROASTED CHICKEN THIGHS
 ROSEMARY RED POTATOES
 SWEET & SOUR CABBAGE
 1/2 SLICE CRACKED WHEAT BREAD
 ÉCLAIR 19

STUFFED GREEN PEPPERS
 BABY CARROTS
 SPINACH SALAD WITH DRESSING
 1/2 SLICE WHOLE WHEAT BREAD
 BANANA CAKE 20

Thanksgiving Feast
ROAST TURKEY & GRAVY
 STUFFING/CANDIED YAMS
 GREEN BEANS
 CRANBERRY SAUCE
 SPARKLING APPLE CIDER
 DINNER ROLL
 PUMPKIN PIE* 21



THANKSGIVING



PULLED PORK BBQ SANDWICH ON A BUN
 CORN & BLACK BEAN SALAD
 COLESLAW
 SEASONAL MELON 29

Birthday Party
SWEDISH MEATBALLS ON A BED OF EGG NOODLES
 ROASTED TOMATO
 1/2 SLICE WHEAT BREAD
 ORANGE JUICE
 RASPBERRY SHERBET 30



*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

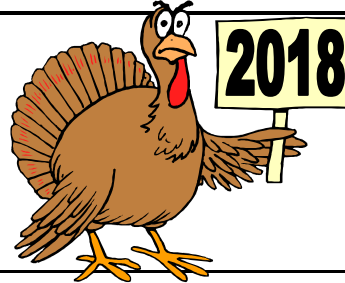
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				HUMMUS WRAP CANTALOUPE ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES 1	QUINOA SALAD PLATE BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT 2
		ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE FRESH FRUIT 5	TUNA SALAD PLATE CROISSANT ORANGE JUICE APPLESAUCE 6	CHICKEN SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRESH FRUIT 7	EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATOES WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING 8
		GREEK LENTIL SALAD PITA BREAD ORANGE JUICE CHOCOLATE CHIP COOKIES 13	HAM SALAD SANDWICH ON RYE BREAD THREE BEAN SALAD ORANGE JUICE CHOCOLATE PUDDING 14	ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BREAD COLESLAW ORANGE PINEAPPLE JUICE FRESH FRUIT 15	SPINACH SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT 16
HAM & CHEESE SANDWICH ON CANADIAN WHEAT BREAD TOMATOES/DRESSING ORANGE PINEAPPLE JUICE CANTALOUPE 19		CHICKEN SALAD SANDWICH ON A CROISSANT GARDEN SALAD WITH DRESSING ORANGE JUICE APPLESAUCE 20	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE 21		
GREEK LENTIL SALAD PITA BREAD ORANGE PINEAPPLE JUICE CHOCOLATE CAKE 26		HUMMUS WRAP CANTALOUPE ORANGE JUICE YOGURT 27	TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE 28	SPINACH SALAD BLUEBERRY MUFFIN ORANGE PINEAPPLE JUICE FRESH FRUIT 29	TUNA SALAD PLATE 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT 30