

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
Hanukkah Lunch BAKED CHICKEN POTATO LATKES/SOUR CRM APPLESAUCE HARVARD BEETS DINNER ROLL PEACH COBBLER  3	CREAM OF BROCCOLI SOUP EGG SALAD SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD ORANGE JUICE OATMEAL COOKIES  4	FRENCH DIP WITH AU JUS ON A HOAGIE ROLL BROCCOLI AND CAULIFLOWER SALAD ROASTED RED POTATOES FRUITY YOGURT 5	CHICKEN TACO SALAD WITH LETTUCE, TOMATO, CHEDDAR CHEESE, KIDNEY BEANS, SALSA, AND TORTILLA CHIPS MANDARIN & BANANA SALAD 6	CHEESEBURGER ON A BUN WITH LETTUCE, TOMATO COLESLAW CORN AND RED PEPPER CANTALOUPE 7
BBQ CHICKEN STRIPS MACARONI & CHEESE GREEN PEAS GARDEN BLEND SALAD WITH TOMATOES ORANGE JUICE VANILLA WAFERS 10	MEATBALL SANDWICH TOSSED SALAD WITH DRESSING ORANGE JUICE CINNAMON APPLES 11	<i>Poinsettia Day</i> LASAGNA TOSSED SALAD/DRESSING ITALIAN BLEND VEGETABLE DINNER ROLL ICE CREAM CUP  12	CHICKEN FAJITA BOWL FRESH GARDEN SALAD WITH TOMATOES BANANA 13	Cookies & Carols CREAMY ROSEMARY CHICKEN CAESAR SALAD ROASTED RED POTATOES BROCCOLI FLORETS ÉCLAIR 14
BALSAMIC CHICKEN BAKED SWEET POTATOES CAPRI BLEND VEGETABLES 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE TAPIOCA PUDDING 17	SPINACH CANNELLONI TOSSED SALAD WITH TOMATOES 1/2 SLICE WHOLE GRAIN BREAD FRESH FRUIT 18	FISH TACOS WITH CILANTRO LIME SAUCE IN CORN TORTILLAS CABBAGE & CHOPPED TOMATOES CORN & BLACK BEAN SALAD CLEMENTINE VANILLA WAFERS 19	SWISS STEAK & GRAVY BAKED POTATO WITH SOUR CREAM CREAMED SPINACH 1/2 SLICE 9 GRAIN BREAD SLICED PEACHES WITH RASPBERRIES 20	CHRISTMAS LUNCH ROAST TURKEY & GRAVY STUFFING/POTATOES CRANBERRY SAUCE GLAZED BABY CARROTS DINNER ROLL APPLE CIDER CHRISTMAS PIE  21
 24	<i>Merry Christmas</i>  25	GRILLED SAUSAGE WITH PEPPERS & ONIONS OVER EGG NOODLES CARROTS & CAULIFLOWER SLICED PEACHES WITH RASPBERRIES 26	SPLIT PEA SOUP TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD BROCCOLI & CAULIFLOWER SALAD GRAHAM CRACKERS  27	<i>Birthday Celebration</i> SAVORY ROASTED PORK IN A HARVEST SAUCE BROWN RICE CARROTS SPINACH SALAD CHOCOLATE CAKE 28
<i>New Year's Celebration</i> CHICKEN CORDON BLUE RICE PILAF CREAMED SPINACH CASEAR SALAD ÉCLAIR  31		<h1>December 2018</h1>		

*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
EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATO WEDGES ORANGE JUICE FRESH FRUIT 3	HAM SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE-PINEAPPLE JUICE OATMEAL COOKIES 4	SEAFOOD SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE MANDARIN & BANANA SALAD 5	HARVEST VEGETARIAN PLATE STONEGROUND BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 6	TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE SLICED TOMATOES WITH DRESSING CANTALOUPE 7
HUMMUS WRAP SLICED BEETS WITH DRESSING ORANGE PINEAPPLE JUICE PEARS 10	CAESAR SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT 11	SNOBALL SALAD PLATE 9 GRAIN BREAD ORANGE JUICE TAPIOCA PUDDING 12	SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGES WITH DRESSING CANTALOUPE 13	HAM & CHEESE SANDWICH ON RYE BREAD COLESLAW FRUITED GELATIN 14
SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 17	ROAST BEEF & CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE 18	EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT 19	CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT 20	CHICKEN SALAD SANDWICH ON HONEY WHEATBERRY BREAD TOMATO WEDGES WITH DRESSING ORANGE PINEAPPLE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES 21
 24	<i>Merry Christmas</i>  25	TUNA SALAD PLATE ORANGE JUICE ROLL GRANDMA'S OATMEAL RAISIN COOKIES 26	CHICKEN SALAD SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRUIT COCKTAIL 27	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH FRUIT 28
CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE CHOCOLATE PUDDING 31	 <h1>December 2018</h1> 