

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
<h1>January</h1>	 1	BBQ CHICKEN THIGHS CHUCKWAGON CORN TOMATO AND GREEN BEAN SALAD 1/2 SLICE STONE GROUND WHEAT BREAD BANANA CAKE 2	TERIYAKI MEATBALL RICE BOWL WITH BROCCOLI & CARROTS MANDARIN & BANANA SALAD 3	PARMESAN CHICKEN SPAGHETTI & SAUCE SPRING SALAD MIX WITH TOMATOES ORANGE JUICE AMBROSIA 4
SOUTHWESTERN CHICKEN CHILI WITH TOPPINGS GARDEN SALAD WITH DRESSING CORN MUFFIN NUTMEG CUSTARD 7	BEEF STROGANOFF OVER EGG NOODLES BRUSSELS SPROUTS 1/2 SLICE WHOLE WHEAT BREAD CINNAMON APPLES 8	BUTTERNUT SQUASH SOUP ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD  BROCCOLI & CAULIFLOWER SALAD CHOCOLATE CHIP COOKIES 9	CHICKEN MARSALA BROWN RICE GREEN PEAS STONE-GROUND WHEAT BREAD FRESH FRUIT SALAD 10	<b>Elvis' Birthday</b> MEATLOAF AND GRAVY BAKED POTATO/SOUR CRM CARROTS MIXED FRUIT CORN MUFFIN PEACH COBBLER  11
HERB ROASTED PORK LOIN & GRAVY BAKED SWEET POTATO CAPRI BLEND VEGETABLES ORANGE JUICE 1/2 SLICE 9 GRAIN BREAD OATMEAL COOKIES 14	BAKED ZITI WITH MEAT SAUCE SPINACH SALAD WITH CREAMY ITALIAN DRESSING ITALIAN BLEND VEGGIES SLICED APPLES 15	HONEY MUSTARD CHICKEN BAKED TOMATO HALF ROASTED RED POTATOES 1/2 SLICE WHOLE WHEAT BREAD FRUITY RASPBERRY GELATIN 16	CREAMY MACARONI & CHEESE BUTTERED CARROT COINS GREEN PEAS FRESH ORANGE SLICES 17	CHICKEN ENCHILADA CASSEROLE SPRING SALAD MIX WITH TOMATOES SPANISH RICE ORANGE JUICE FRUIT AMBROSIA 18
<b>Martin Luther King, Jr. Day</b>  21	OVEN ROASTED CHICKEN THIGHS ROSEMARY RED POTATOES SWEET & SOUR CABBAGE 1/2 SLICE CRACKED WHEAT BREAD ÉCLAIR 22	BEEF STEW WITH POTATOES, CARROT, ONION & CELERY GARDEN SALAD WITH TOMATOES 1/2 SLICE WHEAT BREAD SLICED APPLES 23	CHICKEN NOODLE SOUP TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD  TOMATO & GREEN BEAN SALAD ROCKY ROAD PUDDING 24	<b>Birthday Party</b> STUFFED GREEN PEPPERS BABY CARROTS SPINACH SALAD WITH DRESSING 1/2 SLICE WHEAT BREAD BANANA CAKE  25
YANKEE POT ROAST ROASTED RED POTATOES CARROTS WHOLE WHEAT ROLL MANDARIN & BANANA SALAD 28	CHICKEN PARMIGIANA ROTINI PASTA WITH MARINARA SAUCE ITALIAN BLEND VEGGIES SPINACH SALAD FRESH FRUIT 29	<b>Wintertime BBQ</b> PULLED PORK BBQ SANDWICH ON A BUN CORN & BLACK BEAN SALAD COLESLAW SEASONAL MELON 30	SWEDISH MEATBALLS ON A BED OF EGG NOODLES ROASTED TOMATO 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE RASPBERRY SHERBET 31	<h1>2019</h1>

\*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**

<h1>January</h1>		<p>SUBMARINE SANDWICH ON FRENCH ROLL COLESLAW ORANGE PINEAPPLE JUICE CANTALOUPE</p>	<p>HARVEST VEGETARIAN PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN</p>	<p>HUMMUS WRAP CANTALOUPE ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES</p>
<p>TUNA SALAD PLATE CROISSANT ORANGE JUICE APPLESAUCE</p>	<p>SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGE WITH DRESSING ORANGE JUICE CLEMENTINE VANILLA WAFER</p>	<p>CHICKEN SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRESH FRUIT</p>	<p>EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATOES WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING</p>	<p>ROAST BEEF &amp; CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE FRESH FRUIT</p>
<p>TURKEY SANDWICH ON WHEATBERRY BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE MANDARIN ORANGES &amp; BANANA</p>	<p>GREEK LENTIL SALAD PITA BREAD ORANGE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES</p>	<p>HAM SALAD SANDWICH ON RYE BREAD SLICED BEETS WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING</p>	<p>ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BREAD COLESLAW ORANGE PINEAPPLE JUICE FRESH FRUIT</p>	<p>SPINACH SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT</p>
<p><b>Martin Luther King, Jr. Day</b></p> 	<p>HAM &amp; CHEESE SANDWICH ON CANADIAN WHEAT BREAD TOMATOES/ WITH DRESSING ORANGE PINEAPPLE JUICE CANTALOUPE</p>	<p>TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH APPLE</p>	<p>HARVEST VEGETARIAN PLATE WHEAT ROLL ORANGE PINEAPPLE JUICE TAPIOCA PUDDING</p>	<p>CHICKEN SALAD SANDWICH ON A CROISSANT GARDEN SALAD WITH DRESSING ORANGE JUICE APPLESAUCE</p>
<p>TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE</p>	<p>HUMMUS WRAP CANTALOUPE ORANGE JUICE YOGURT</p>	<p>SPINACH SALAD BLUEBERRY MUFFIN ORANGE PINEAPPLE JUICE FRESH FRUIT</p>	<p>TUNA SALAD PLATE 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT</p>	<h1>2019</h1>