

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

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 SUBSTITUTES WITHOUT NOTICE

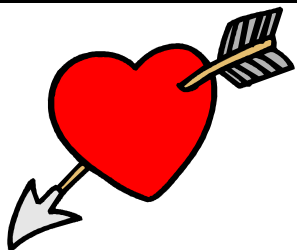
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



# February 2019

## Super Bowl Party

CHILI STUFFED BAKED  
 POTATO WITH CHEESE  
 STEAMED BROCCOLI  
 CORN MUFFIN  
 FRUIT



**CREAM OF BROCCOLI SOUP**  
 EGG SALAD SANDWICH ON  
 WHOLE WHEAT BREAD  
 CARROT RAISIN SALAD  
 ORANGE JUICE  
 OATMEAL COOKIES



4

**Chinese New Year**  
**SWEET SOUR CHICKEN**  
 PINEAPPLE COLESLAW  
 BROWN RICE  
 ASIAN VEGETABLES  
 ALMOND COOKIES



5

**FRENCH DIP WITH AU JUS ON A HOAGIE ROLL**  
 BROCCOLI AND  
 CAULIFLOWER SALAD  
 ROASTED RED POTATOES  
 FRUITY YOGURT

6

**CHICKEN TACO SALAD**  
 WITH LETTUCE, TOMATO,  
 CHEDDAR CHEESE,  
 KIDNEY BEANS, SALSA,  
 AND TORTILLA CHIPS  
 MANDARIN & BANANA  
 SALAD

7

**CHEESEBURGER ON A BUN**  
 WITH LETTUCE, TOMATO  
 COLESLAW  
 CORN AND RED PEPPER  
 CANTALOUPE

8

**BBQ CHICKEN STRIPS**  
 MACARONI & CHEESE  
 GREEN PEAS  
 GARDEN BLEND SALAD  
 WITH TOMATOES  
 ORANGE JUICE  
 VANILLA WAFERS

11

**CHICKEN FAJITA BOWL**  
 FRESH GARDEN SALAD  
 WITH TOMATOES  
 BANANA

12

**MINESTRONE SOUP**  
 ROAST BEEF SANDWICH  
 ON WHOLE WHEAT BREAD  
 TRI-COLOR COLESLAW  
 FRESH MELON



13

**Happy Valentine's Day**  
**CHICKEN CORDON BLEU**  
 RICE PILAF  
 CREAMED SPINACH  
 CAESAR SALAD  
 RED VELVET CAKE



14

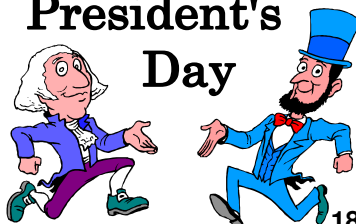
## PRESIDENT'S DAY CELEBRATION

MEATLOAF & GRAVY  
 BAKED POTATO/SR CREAM  
 CARROTS  
 MIXED FRUIT  
 WHEAT BREAD  
 CHERRY PIE



15

## President's Day



18

**BALSAMIC CHICKEN**  
 BAKED SWEET POTATOES  
 CAPRI BLEND VEGETABLES  
 1/2 SLICE WHOLE WHEAT  
 BREAD  
 ORANGE JUICE  
 TAPIOCA PUDDING

19

**FISH TACOS WITH CILANTRO LIME SAUCE IN CORN TORTILLAS**  
 CABBAGE & CHOPPED  
 TOMATOES  
 CORN & BLACK BEAN SALAD  
 CLEMENTINE  
 VANILLA WAFERS

20

**VEGETABLES BEEF SOUP**  
 SPRING SALAD WITH  
 DRESSING  
 TURKEY SANDWICH ON  
 WHOLE WHEAT BREAD  
 FRESH FRUIT



21

## Birthday Celebration

LASAGNA  
 TOSSED SALAD WITH  
 ITALIAN DRESSING  
 ITALIAN GREEN BEANS  
 DINNER ROLL  
 ICE CREAM CUP



22

**GRILLED SAUSAGE WITH PEPPERS & ONIONS OVER EGG NOODLES**  
 CARROTS & CAULIFLOWER  
 SLICED PEACHES  
 WITH RASPBERRIES

25

**BAKED FISH FILET WITH TARTAR SAUCE**  
 COLESLAW  
 ROASTED RED POTATOES  
 STONE GROUND WHEAT  
 BREAD  
 BANANA

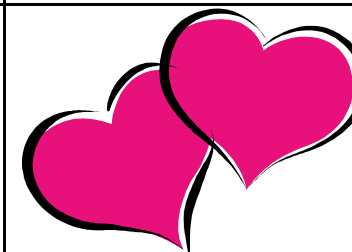
26

**PASTA AND MEATBALLS**  
 ITALIAN BLEND  
 VEGETABLES  
 SPRING SALAD WITH  
 TOMATOES  
 PEACHES WITH  
 RASPBERRIES

27

**SAVORY ROASTED PORK IN A HARVEST SAUCE**  
 BROWN RICE  
 CARROTS  
 SPINACH SALAD  
 CHOCOLATE CAKE

28



\*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

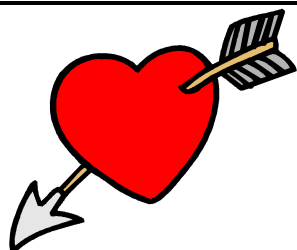
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



# February 2019

GREEK LENTIL SALAD  
PITA BREAD  
ORANGE PINEAPPLE JUICE  
CHOCOLATE CAKE

1

HAM SALAD SANDWICH ON  
9 GRAIN BREAD  
CARROT RAISIN SALAD  
ORANGE-PINEAPPLE JUICE  
OATMEAL COOKIES

4

EGG SALAD SANDWICH ON  
100% WHOLE WHEAT  
BREAD  
TOMATO WEDGES WITH  
DRESSING  
ORANGE JUICE  
FRESH FRUIT

5

SEAFOOD SALAD PLATE  
9 GRAIN BREAD  
PINEAPPLE JUICE  
MANDARIN & BANANA  
SALAD

6

HARVEST VEGETARIAN  
PLATE  
STONEGROUND BREAD  
ORANGE PINEAPPLE JUICE  
CHOCOLATE PUDDING

7

TUNA SALAD SANDWICH  
ON A CROISSANT  
ORANGE JUICE  
SLICED TOMATOES WITH  
DRESSING  
CANTALOUPE

8

HUMMUS WRAP  
SLICED BEETS WITH  
DRESSING  
ORANGE PINEAPPLE JUICE  
PEARS

11

SUBMARINE SANDWICH  
ON A FRENCH ROLL  
TOMATO WEDGES WITH  
DRESSING  
CANTALOUPE

12

SNOBALL SALAD PLATE  
9 GRAIN BREAD  
ORANGE JUICE  
LEMON PUDDING

13

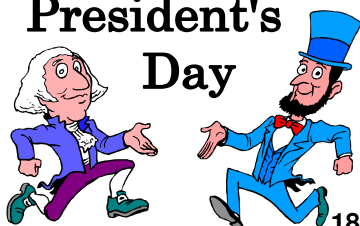
HAM & CHEESE SANDWICH  
ON RYE BREAD  
COLESLAW  
FRUITED GELATIN

14

CAESAR SALAD  
BLUEBERRY MUFFIN  
ORANGE JUICE  
FRESH FRUIT

15

**President's  
Day**



18

SEAFOOD SALAD PLATE  
STONEGROUND WHEAT  
BREAD  
ORANGE PINEAPPLE JUICE  
CHOCOLATE PUDDING

19

EGG SALAD PLATE  
WHOLE WHEAT ROLL  
ORANGE PINEAPPLE JUICE  
FRESH FRUIT

20

CHICKEN SALAD SANDWICH  
ON HONEY  
WHEATBERRY BREAD  
TOMATO WEDGES WITH  
DRESSING  
FAMOUS AMOS CHOCOLATE  
CHIP COOKIES  
ORANGE PINEAPPLE JUICE

21

ROAST BEEF & CHEESE  
SANDWICH ON  
CANADIAN OAT BREAD  
SLICED BEETS WITH  
DRESSING  
CANTALOUPE

22

TUNA SALAD PLATE  
ORANGE JUICE  
ROLL  
GRANDMA'S OATMEAL  
RAISIN COOKIES

25

HAM SANDWICH ON  
CANADIAN OAT BREAD  
SLICED BEETS WITH  
DRESSING  
FRESH ORANGE

26

SPINACH SALAD  
WHOLE WHEAT ROLL  
ORANGE PINEAPPLE JUICE  
PUDDING

27

TURKEY SANDWICH ON  
WHEATBERRY BREAD  
COLESLAW  
ORANGE JUICE  
FRESH FRUIT

28

