

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









# Lunch Menu

KATIE O'MARA, R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$5.50  
COST - 60 YEARS OR YOUNGER: \$7.50

AWSS RESERVES THE RIGHT TO MAKE  
SUBSTITUTES WITHOUT NOTICE






| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
|  <b>Labor Day</b><br>2   | <b>GRILLED SAUSAGE WITH PEPPERS &amp; ONIONS OVER EGG NOODLES</b><br>CARROTS & CAULIFLOWER<br>SLICED PEACHES<br>WITH RASPBERRIES<br>3   | <b>BAKED FISH FILET WITH TARTAR SAUCE</b><br>COLESLAW<br>ROASTED RED POTATOES<br>STONE GROUND WHEAT BREAD<br>BANANA<br>4   | <b>PASTA AND MEATBALLS</b><br>ITALIAN BLEND VEGETABLES<br>SPRING SALAD WITH TOMATOES<br>PEACHES WITH RASPBERRIES<br>5  | <b>SAVORY ROASTED PORK IN A HARVEST SAUCE</b><br>BROWN RICE<br>CARROTS<br>SPINACH SALAD<br>GRAHAM CRACKERS<br>ORANGE JUICE<br>6  |
| <b>TERIYAKI MEATBALL RICE BOWL WITH BROCCOLI &amp; CARROTS</b><br>MANDARIN & BANANA SALAD<br>9   | <b>PARMESAN CHICKEN</b><br>SPAGHETTI & SAUCE<br>SPRING SALAD MIX WITH TOMATOES<br>ORANGE JUICE<br>AMBROSIA<br>10  | <i><b>Patriot Day</b></i><br><b>CHICKEN CORDON BLEU</b><br>RICE PILAF<br>CREAMED SPINACH<br>CASEAR SALAD<br>STRAWBERRY SHORTCAKE<br> 11 | <b>BBQ CHICKEN THIGHS</b><br>CHUCKWAGON CORN TOMATO AND GREEN BEAN SALAD<br>1/2 SLICE STONE GROUND WHEAT BREAD<br>BANANA CAKE<br>12  | <b>HOMESTYLE MEATLOAF WITH TOMATO SAUCE</b><br>WHIPPED POTATOES<br>SUCCOTASH<br>TAPIOCA PUDDING<br>13  |
| <b>SOUTHWESTERN CHICKEN CHILI WITH TOPPINGS</b><br>GARDEN SALAD WITH DRESSING<br>CORN MUFFIN<br>NUTMEG CUSTARD<br>16   | <b>FISH FILET IN A CREAMY DILL SAUCE</b><br>LONG GRAIN BROWN RICE<br>BUTTERED CARROT COINS<br>CAESAR SALAD WITH CROUTONS<br>ORANGE JUICE<br>FRUITY YOGURT<br>17                                   | <b>BEEF STROGANOFF OVER EGG NOODLES</b><br>BRUSSELS SPROUTS<br>1/2 SLICE WHOLE WHEAT BREAD<br>CINNAMON APPLES<br>18  | <b>BUTTERNUT SQUASH SOUP</b><br>ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD<br> BROCCOLI & CAULIFLOWER SALAD<br>CHOCOLATE CHIP COOKIES<br>19 | <i><b>Football Trivia</b></i><br><b>CHICKEN FAJITAS WITH PEPPER AND ONIONS</b><br>REFRIED BEANS<br>SPANISH RICE<br>FLOUR TORTILLA<br>CUSTARD W/PEACHES<br> 20 |
| <b>BAKED ZITI WITH MEAT SAUCE</b><br>SPINACH SALAD WITH CREAMY ITALIAN DRESSING<br>ITALIAN BLEND VEGGIES<br>SLICED APPLES<br>23  | <b>CREAMY MACARONI &amp; CHEESE</b><br>BUTTERED CARROT COINS<br>GREEN PEAS<br>FRESH ORANGE SLICES<br>24   | <b>HONEY MUSTARD CHICKEN</b><br>BAKED TOMATO HALF<br>ROASTED RED POTATOES<br>1/2 SLICE WHOLE WHEAT BREAD<br>FRUITY RASPBERRY GELATIN<br>25   | <b>HERB ROASTED PORK LOIN &amp; GRAVY</b><br>BAKED SWEET POTATO<br>CAPRI BLEND VEGETABLES<br>ORANGE JUICE<br>1/2 SLICE 9 GRAIN BREAD<br>OATMEAL COOKIES<br>26  | <i><b>Birthday Party</b></i><br><b>CHICKEN ENCHILADA CASSEROLE</b><br>SPRING SALAD MIX WITH TOMATOES<br>SPANISH RICE<br>ORANGE JUICE<br>ECLAIR<br> 27       |
| <b>ROSH HASHANAH</b><br><b>BEEF BRISKET</b><br>POTATO LATKES/SOUR CRM<br>APPLESAUCE<br>RED CABBAGE<br>RYE BREAD<br>SHERBET<br> 30 |  <h1>SEPTEMBER 2019</h1>  |  |  |  |

\*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

# Cold Lunch Menu

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
|  <p><b>Labor Day</b></p> <p>2</p>             | <p>TUNA SALAD PLATE<br/>ORANGE JUICE<br/>ROLL<br/>GRANDMA'S OATMEAL<br/>RAISIN COOKIES</p> <p>3</p>  | <p>HAM SANDWICH ON<br/>CANADIAN OAT BREAD<br/>SLICED BEETS WITH<br/>DRESSING<br/>FRESH ORANGE</p> <p>4</p>                                    | <p>SPINACH SALAD<br/>WHOLE WHEAT ROLL<br/>ORANGE PINEAPPLE JUICE<br/>PUDDING</p> <p>5</p>   | <p>TURKEY SANDWICH ON<br/>WHEATBERRY BREAD<br/>COLESLAW<br/>ORANGE JUICE<br/>FRESH FRUIT</p> <p>6</p>                                   |
| <p>HARVEST VEGETARIAN<br/>PLATE<br/>WHOLE WHEAT ROLL<br/>ORANGE PINEAPPLE JUICE<br/>FRUITY RASPBERRY<br/>GELATIN</p> <p>9</p> | <p>HUMMUS WRAP<br/>CANTALOUPE<br/>ORANGE PINEAPPLE JUICE<br/>GRANDMA'S OATMEAL<br/>RAISIN COOKIES</p> <p>10</p>  | <p>CAESAR SALAD<br/>9 GRAIN BREAD<br/>ORANGE JUICE<br/>CHOCOLATE PUDDING</p> <p>11</p>  | <p>SUBMARINE SANDWICH ON<br/>FRENCH ROLL<br/>COLESLAW<br/>ORANGE PINEAPPLE JUICE<br/>CANTALOUPE</p> <p>12</p>                                     | <p>QUINOA SALAD PLATE<br/>BLUEBERRY MUFFIN<br/>ORANGE JUICE<br/>FRESH FRUIT</p> <p>13</p>   |
| <p>TUNA SALAD PLATE<br/>CROISSANT<br/>ORANGE JUICE<br/>APPLESAUCE</p> <p>16</p>   | <p>ROAST BEEF &amp; CHEESE<br/>SANDWICH ON<br/>9 GRAIN BREAD<br/>GARDEN SALAD WITH<br/>DRESSING<br/>ORANGE PINEAPPLE JUICE<br/>FRESH FRUIT</p> <p>17</p>   | <p>SUBMARINE SANDWICH<br/>ON A FRENCH ROLL<br/>TOMATO WEDGE WITH<br/>DRESSING<br/>ORANGE JUICE<br/>CLEMENTINE<br/>VANILLA WAFER</p> <p>18</p> | <p>CHICKEN SALAD SANDWICH<br/>ON 9 GRAIN BREAD<br/>CARROT RAISIN SALAD<br/>ORANGE PINEAPPLE JUICE<br/>FRESH FRUIT</p> <p>19</p>                   | <p>EGG SALAD SANDWICH<br/>ON 100% WHOLE WHEAT<br/>BREAD<br/>TOMATOES WITH DRESSING<br/>ORANGE JUICE<br/>CHOCOLATE PUDDING</p> <p>20</p> |
| <p>GREEK LENTIL SALAD<br/>PITA BREAD<br/>ORANGE JUICE<br/>FAMOUS AMOS CHOCOLATE<br/>CHIP COOKIES</p> <p>23</p>                | <p>ROAST BEEF SANDWICH<br/>ON 100% WHOLE WHEAT<br/>BREAD<br/>COLESLAW<br/>ORANGE PINEAPPLE JUICE<br/>FRESH FRUIT</p> <p>24</p>   | <p>HAM SALAD SANDWICH<br/>ON RYE BREAD<br/>SLICED BEETS WITH<br/>DRESSING<br/>ORANGE JUICE<br/>CHOCOLATE PUDDING</p> <p>25</p>                | <p>TURKEY SANDWICH ON<br/>WHEATBERRY BREAD<br/>CARROT RAISIN SALAD<br/>ORANGE PINEAPPLE JUICE<br/>MANDARIN ORANGES &amp;<br/>BANANA</p> <p>26</p> | <p>SPINACH SALAD<br/>BLUEBERRY MUFFIN<br/>ORANGE JUICE<br/>FRESH FRUIT</p> <p>27</p>  |
| <p>TUNA SALAD PLATE<br/>WHOLE WHEAT BREAD<br/>ORANGE PINEAPPLE JUICE<br/>GRANDMA'S OATMEAL<br/>RAISIN COOKIES</p> <p>30</p>   |  <p><b>SEPTEMBER 2019</b></p>  |   |   |   |