Age Well.

Lunch Menu

SUGGESTED CONTRIBUTION-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
	SEPTEMBER 2022		Nicoise Salad (Greens, tuna, white beans, tomatoes, peas) Wheat Roll Orange Juice Milk Cake 1	Green Curry Chicken Rice Spinach & Beet Salad Orange Juice Cookie Milk 2
HAPPY LABOR DAY!	Salmon Tuscana Pasta Carrots Tropical Fruit Dessert Milk 6	Chili Beef Roasted Potatoes Hawaiian Roll Tropical Fruit Dessert Milk	Tuna Sandwich Tomato Basil Soup Orange Juice Cookie Milk	Pulled Pork Slider Coleslaw Orange Brownie Milk 9
Pork Carnitas Tortillas Sweet Potatoes Orange Juice Cake Milk	Spaghetti & Meatballs Roasted Broccoli Orange Juice Cookie Milk	Chicken Caesar Sandwich w/Wheat Bread Garden Salad Orange Brownie	Chipotle Chicken Sandwich w/Rye Bread Garden Salad Orange Juice Cake Milk 15	French Onion Chicken Mashed Potatoes Spinach & Beet Salad Orange Juice Milk Cookie
Roasted yams Hawaiian Roll Orange Cookie	Deviled Egg Sandwich on Croissant Potato Leek Soup Orange Brownie Milk 20	Mexican Beef Lasagna Corn & Black Bean Salad Tropical Fruit Dessert Milk	Rosted Chicken w/Red Peppers Sandwich Rainbow Salad (grape, blueberry, feta, cranberry vinaigrette) Orange Cake 22	Thai Basil Chicken Rice Sauteed Cabbage Orange Cookie Milk 23
BBQ Chicken Sandwich Potato Salad Orange Brownie Milk 26	Meatball Stroganoff w/ Pasta Honey Glazed Carrots Tropical Fruit Dessert Milk 27	Chicken Cacciatore w/ Mashed Potatoes Hawaiian Roll Tropical Fruit Dessert Milk	Tuna Sandwich w/ whole wheat bread Tomato Basil Soup Orange Cake Milk 29	Salmon w/Panang Curry Rice Carrots & Squash Orange Milk Cookie 30