AWSS RESERVES THE RIGHT
TO MAKE SUBSTITUTES
WITHOUT NOTICE

Age Well Senior Services

Cold Lunch Menu

LISA GIBSON, M.S., R.D.

SUGGESTED DONATION-60 YRS OR OLDER: $4.00
COST - 60 YEARS OR YOUNGER: $5.50

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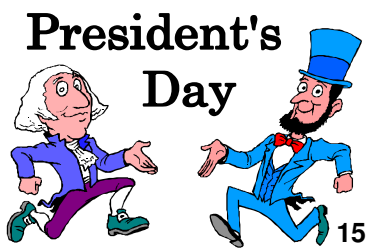
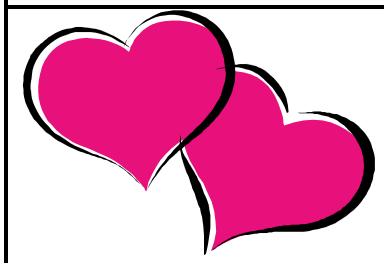
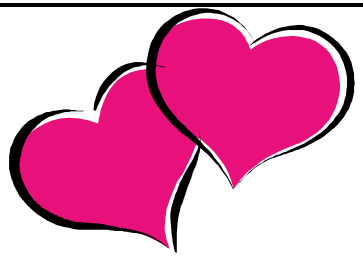
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUBMARINE SANDWICH ON FRENCH ROLL APPLE JUICE FRESH FRUIT **1**	CHICKEN SALAD SANDWICH ON BUTTERMILK BREAD PINEAPPLE JUICE THREE BEAN SALAD FRESH FRUIT **2**	SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE/PINEAPPLE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES **3**	TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE BEETS/DRESSING FRESH FRUIT **4**	SNOBALL SALAD CANADIAN OAT BREAD APPLE JUICE WHIPPED GELATIN **5**
MEATLOAF SANDWICH ON STONEGROUND WHEAT BREAD PINEAPPLE JUICE TOMATO WEDGES/DRSG ORANGE GELATIN **8**	SUBMARINE SANDWICH ON FRENCH ROLL ORANGE/PINEAPPLE JUICE CHOCOLATE PUDDING **9**	TUNA SALAD PLATE HARD ROLL GRAPE JUICE FRESH FRUIT **10**	EGG SALAD SANDWICH ON BUTTERMILK BREAD APPLE JUICE BEETS/DRESSING GRANDMA'S OATMEAL RAISIN COOKIES **11**	HARVEST VEGETARIAN PLATE WITH CHEESE GRAPE JUICE CANADIAN OAT BREAD APPLESAUCE **12**
 **15**	TURKEY SANDWICH ON WHEATBERRY BREAD ORANGE JUICE COLESLAW FRESH FRUIT **16**	ROAST BEEF & SWISS SANDWICH ON BUTTERMILK BREAD ORANGE PINEAPPLE JUICE CARROT RAISIN SALAD FRESH FRUIT1 **17**	CHICKEN SALAD SANDWICH ON STONE-GROUND WHEAT BREAD APPLE JUICE TOSSED SALAD/DRESSING BUTTERSCOTCH PUDDING **18**	CAESAR SALAD SQUAW BREAD ORANGE JUICE FRESH FRUIT **19**
TUNA SALAD SANDWICH ON SQUAW BREAD PINEAPPLE JUICE TOMATO WEDGES/DRSG ORANGE ICED CAKE **22**	CAESAR SALAD 9 GRAIN BREAD GRAPE JUICE FRUITED GELATIN **23**	CHICKEN SALAD SANDWICH ON CANADIAN OAT BREAD PINEAPPLE JUICE COLESLAW FRESH FRUIT **24**	HARVEST VEGETARIAN PLATE WITH CHEESE 9 GRAIN BREAD ORANGE PINEAPPLE JUICE VANILLA PUDDING **25**	HAM SALAD SANDWICH ON SQUAW BREAD APPLE JUICE CARROT STICKS FRESH FRUIT **26**



February 2010



*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK AND JUICE OFFERED AT EACH MEAL