

OUR MENUS, PER MEAL,
AVERAGE 600-800
CALORIES, 30 - 35% FAT,
AND 1100 MG OF SODIUM
OR LESS



MENUS WITH MORE THAN
1000 MG OF SODIUM



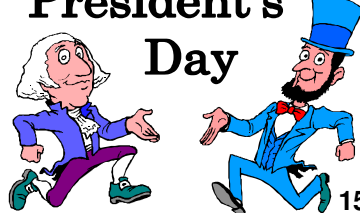



Age Well Senior Services

Lunch Menu

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

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

AWSS RESERVES THE RIGHT TO MAKE
SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF BURGUNDY WHOLE POTATOES ZUCCHINI BRAN N HONEY BREAD APPLE COBBLER* 1	MINISTRONE SOUP ROAST BEEF SANDWICH ON A BUN BROCCOLI/CAULIFLOWER SALAD MAYO/MUSTARD CHOC. CHIP COOKIES* 2	SPINACH CANNELLONI ITALIAN GREEN BEANS TOSSED SALAD/ITAL. DRSG. ITALIAN ROLL FRESH FRUIT 3	SWEDISH MEATBALLS EGG NOODLES SCANDINAVIAN BLEND STEWED TOMATOES SHERBET 4	Super Bowl Party CHEESEBURGER ON A BUN W/LETTUCE & TOMATO BAKED BEANS COLESLAW ICE CREAM CUP  5
MANDARIN CHICKEN ORIENTAL BROWN RICE ORIENTAL BLEND FRUIT COCKTAIL SUGAR COOKIES* 8	MEATBALL SANDWICH ITALIAN GREEN BEANS CAESAR SALAD/DRESSING FRENCH ROLL MANDARIN ORANGE & BANANAS 9	ROASTED PORK LOIN BAKED POTATO W/SOUR CREAM CAPRI BLEND VEGETABLES 9 GRAIN BREAD FRUIT AMBROSIA 10	SANTA FE CHICKEN BROCCOLI FLORETS BROWN RICE TOMATO & GREEN BEAN SALAD FRESH FRUIT 11	Happy Valentine's Day CHAMPAGNE CHICKEN BREAST RICE PILAF BROCCOLI FLORETS TOSSED SALAD/DRESSING ÉCLAIR  12
President's Day  15	Mardi Gras JAMBALAYA BROWN RICE PINEAPPLE COLESLAW 9 GRAIN BREAD PEACH COBBLER  16	CREAM OF BROCCOLI SOUP TUNA SANDWICH ON A BUN COTTAGE CHEESE & PINEAPPLE SALAD GRAPE JUICE CHOCOLATE PUDDING  17	STUFFED GREEN PEPPERS BABY CARROTS SPINACH SALAD/DRESSING DINNER ROLL FRESH FRUIT 18	PRESIDENT'S DAY CELEBRATION MEATLOAF & GRAVY BAKED POTATO/SR CREAM CARROTS MIXED FRUIT/WHT BREAD CHERRY PIE 19
BEEF STEW POTATOES, CARROTS, ONIONS, & CELERY SALAD W/TOMATOES WHEAT BREAD LEMON PUDDING 22	LENTIL SOUP TURKEY HALF SANDWICH ON WHEATBERRY BREAD CARROT RAISIN SALAD MAYO/MUSTARD FRESH ORANGE  23	HONEY MUSTARD CHICKEN ROASTED POTATOES ITALIAN BLEND FRENCH ROLL FRUIT GELATIN 24	TERIYAKI MEATBALLS BROWN RICE PEAS & MUSHROOMS MANDARIN ORANGES & BANANAS 25	TUNA NOODLE CASSEROLE GREEN PEAS BAKED TOMATO PEACH COBBLER* 26

February 2010

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK AND JUICE OFFERED AT EACH MEAL