

Age Well Senior Services

Cold Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEATLOAF SANDWICH ON WHEATBERRY BREAD TOSSED SALAD/DRESSING ORANGE JUICE GRANDMA'S OATMEAL RAISIN COOKIES 1	PASTRAMI SANDWICH ON 9 GRAIN BREAD ORANGE/PINEAPPLE JUICE BEETS/DRESSING LIME GELATIN 2	EGG SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE FRESH FRUIT 3	TUNA SALAD PLATE HARD ROLL ORANGE JUICE APPLESAUCE 4	ROAST BEEF & CHEESE SANDWICH ON BUTTERMILK BREAD GRAPE JUICE TOSSED SALAD/DRESSING CHOCOLATE PUDDING 5
SUBMARINE SANDWICH ON FRENCH ROLL APPLE JUICE FRESH FRUIT 8	CHICKEN SALAD SANDWICH ON BUTTERMILK BREAD PINEAPPLE JUICE THREE BEAN SALAD FRESH FRUIT 9	SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE/PINEAPPLE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES 10	TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE BEETS/DRESSING FRESH FRUIT 11	SNOBALL SALAD CANADIAN OAT BREAD APPLE JUICE WHIPPED GELATIN 12
MEATLOAF SANDWICH ON STONEGROUND WHEAT BREAD PINEAPPLE JUICE TOMATO WEDGES/DRSG ORANGE GELATIN 15	SUBMARINE SANDWICH ON FRENCH ROLL ORANGE/PINEAPPLE JUICE CHOCOLATE PUDDING 16	CAESAR SALAD SQUAW BREAD ORANGE JUICE FRESH FRUIT 17	EGG SALAD SANDWICH ON BUTTERMILK BREAD APPLE JUICE BEETS/DRESSING GRANDMA'S OATMEAL RAISIN COOKIES 18	TUNA SALAD PLATE HARD ROLL GRAPE JUICE FRESH FRUIT 19
HAM & CHEESE SANDWICH ON SQUAW BREAD GRAPE JUICE PASTA SALAD FRESH FRUIT 22	TURKEY SANDWICH ON WHEATBERRY BREAD ORANGE JUICE COLESLAW FRESH FRUIT 23	HAM SALAD SANDWICH ON RYE BREAD TOMATO WEDGES/DRSG PINEAPPLE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES 24	HARVEST VEGETARIAN PLATE WITH CHEESE GRAPE JUICE CANADIAN OAT BREAD APPLESAUCE 25	ROAST BEEF & SWISS SANDWICH ON BUTTERMILK BREAD ORANGE PINEAPPLE JUICE CARROT RAISIN SALAD FRESH FRUIT1 26
TUNA SALAD SANDWICH ON SQUAW BREAD PINEAPPLE JUICE TOMATO WEDGES/DRSG ORANGE ICED CAKE 29	HAM SALAD SANDWICH ON SQUAW BREAD APPLE JUICE CARROT STICKS FRESH FRUIT 30	CAESAR SALAD 9 GRAIN BREAD GRAPE JUICE FRUITED GELATIN 31	<h1>March 2010</h1>	