

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
VEAL PARMESAN SPAGHETTI CREAMED SPINACH TOSSED SALAD/DRESSING AMBROSIA* 1	SALISBURY STEAK & GRVY BAKED POTATO/SR.CREAM BRUSSELS SPROUTS DINNER ROLL ORANGE ICED CAKE* 2	BAKED CHICKEN AU GRATIN POTATOES RED CABBAGE CRACKED WHEAT BREAD ÉCLAIR* 3	MEATLOAF & MUSHROOM GRAVY PARSLIED NOODLES ITALIAN BLEND ORANGE JUICE TAPIOCA PUDDING 4	FISH WITH DILL SAUCE BROWN RICE CARROTS CAESAR SALAD/DRESSING FRUIT YOGURT 5
BEEF BURGUNDY WHOLE POTATOES ZUCCHINI BRAN N HONEY BREAD APPLE COBBLER* 8	MINISTRONE SOUP ROAST BEEF SANDWICH ON A BUN BROCCOLI/CAULIFLOWER SALAD MAYO/MUSTARD CHOC. CHIP COOKIES* 9	SPINACH CANNELLONI ITALIAN GREEN BEANS TOSSED SALAD/ITAL. DRSG. ITALIAN ROLL FRESH FRUIT 10	SWEDISH MEATBALLS EGG NOODLES SCANDINAVIAN BLEND STEWED TOMATOES SHERBET 11	GLAZED HAM SWEET POTATOES GREEN BEANS RYE BREAD CHOCOLATE PUDDING 12
MANDARIN CHICKEN ORIENTAL BROWN RICE ORIENTAL BLEND FRUIT COCKTAIL SUGAR COOKIES* 15	MEATBALL SANDWICH ITALIAN GREEN BEANS CAESAR SALAD/DRESSING FRENCH ROLL MANDARIN ORANGE & BANANAS 16	St. Patrick's Day CORNED BEEF SANDWICH ON RYE SPLIT PEA SOUP COLESLAW PISTACHIO PUDDING 17	SANTA FE CHICKEN BROCCOLI FLORETS BROWN RICE TOMATO & GREEN BEAN SALAD FRESH FRUIT 18	ROASTED PORK LOIN BAKED POTATO WITH SOUR CREAM CAPRI BLEND VEGETABLES 9 GRAIN BREAD FRUIT AMBROSIA 19
CHILI CHOPPED TOMATO GRATED CHEESE TOSSED SALAD/DRESSING SOURDOUGH ROLL CUSTARD 22	PHILLY CHEESE STEAK SANDWICH ON A FRENCH ROLL BAKED BEANS COLESLAW APPLESAUCE 23	SWISS STEAK MASHED POTATOES BROCCOLI 9 GRAIN BREAD PEACHES 24	CHICKEN FETTUCCINI SALAD W/TOMATOES FRUIT COCKTAIL BANANA CAKE * 25	CREAM OF BROCCOLI SOUP TUNA SANDWICH ON A BUN COTTAGE CHEESE & PINEAPPLE SALAD GRAPE JUICE CHOCOLATE PUDDING 26
PASSOVER BEEF BRISKET POTATO LATKES APPLESAUCE RED CABBAGE SHERBET 29	TUNA NOODLE CASSEROLE GREEN PEAS BAKED TOMATO PEACH COBBLER* 30	LENTIL SOUP TURKEY HALF SANDWICH ON WHEATBERRY BREAD CARROT RAISIN SALAD MAYO/MUSTARD FRESH ORANGE 31	<h1>March 2010</h1>	

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK AND JUICE OFFERED AT EACH MEAL