


# Age Well Senior Services

## Cold Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEPTEMBER</b>  <b>2010</b>		SLICED TURKEY ON DELI RYE BREAD THREE BEAN SALAD MAYONNAISE APPLESAUCE  <b>1</b>	ROAST BEEF & SWISS SANDWICH ON WHEATBERRY BREAD ORANGE JUICE TOMATO WEDGES/DRSG MAYONNAISE AMBROSIA  <b>2</b>	SEAFOOD SALAD 9 GRAIN BREAD PINEAPPLE JUICE PUDDING  <b>3</b>
 <b>Labor Day</b>  <b>6</b>	HARVEST VEGETARIAN PLATE ORANGE PINEAPPLE JUICE SQUAW BREAD FAMOUS AMOS CHOCOLATE CHIP COOKIES  <b>7</b>	KAHUNA TUNA SALAD ORANGE JUICE BUTTERMILK BREAD CHOCOLATE MARSHMALLOW PUDDING  <b>8</b>	MEATLOAF SANDWICH ON WHEATBERRY BREAD BEETS/DRESSING MUSTARD PEARS  <b>9</b>	SNOBALL SALAD (COTTAGE CHEESE) PINEAPPLE JUICE 9 GRAIN WHEAT BREAD PUDDING  <b>10</b>
SLICED TURKEY ON CANADIAN OAT BREAD TOMATO WEDGES/DRSG MAYONNAISE FRESH FRUIT  <b>13</b>	CAESAR SALAD ORANGE JUICE 9 GRAIN BREAD YOGURT  <b>14</b>	TUNA SALAD SANDWICH ON WHEAT BREAD GRAPE JUICE TOMATO WEDGES/DRSG FAMOUS AMOS CHOCOLATE CHIP COOKIES  <b>15</b>	EGG SALAD APPLE JUICE STONEGROUND WHEAT BREAD PUDDING  <b>16</b>	CHICKEN SALAD SANDWICH ON DELI RYE BREAD TOSSED SALAD/DRESSING MIXED FRUIT  <b>17</b>
SNOBALL SALAD (COTTAGE CHEESE) ORANGE PINEAPPLE JUICE HONEY WHEATBERRY BREAD FRESH FRUIT  <b>20</b>	HAM & CHEESE SANDWICH ON BUTTERMILK BREAD BEETS/DRESSING MUSTARD PEACHES  <b>21</b>	CHICKEN SALAD ON HONEY WHEATBERRY BREAD THREE BEAN SALAD SLICED APPLES  <b>22</b>	SEAFOOD SALAD APPLE JUICE STONEGROUND WHEAT BREAD PUDDING  <b>23</b>	HAM SANDWICH ON CANADIAN OAT BREAD BEETS/DRESSING MUSTARD PEARS  <b>24</b>
TUNA SALAD SANDWICH ON A SOFT ROLL GRAPE JUICE TOMATO WEDGES/DRSG GRANDMA'S OATMEAL RAISIN COOKIES  <b>27</b>	HARVEST VEGETARIAN PLATE APPLE JUICE 9 GRAIN BREAD OATMEAL COOKIES  <b>28</b>	CAESAR SALAD GRAPE JUICE WHEATBERRY BREAD FRESH FRUIT  <b>29</b>	SLICED TURKEY ON A CROISSANT APPLE JUICE COLESLAW MAYONNAISE YOGURT  <b>30</b>	