


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 - 59 YEARS OR YOUNGER: \$5.50

AWSS RESERVES THE RIGHT TO MAKE  
SUBSTITUTIONS WITHOUT NOTICE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<h1>SEPTEMBER</h1> <h1>2010</h1>		<p><b>CHICKEN CAESAR SALAD</b> CREAM OF BROCCOLI SOUP FRENCH ROLL FRESH FRUIT</p> <p style="text-align: right;"> 1</p>	<p><b>CHEESE CANNELONI</b> ITALIAN GREEN BEANS TOSSED SALAD/DRESSING ITALIAN ROLL FRESH FRUIT</p> <p style="text-align: right;">2</p>	<p><b>Labor Day Celebration</b> <b>CHEESEBURGER ON BUN</b> <b>LETTUCE &amp; TOMATO SLICE</b> <b>BAKED BEANS</b> <b>COLESLAW</b> <b>CATSUP/MUSTARD</b> <b>ICE CREAM CUP</b></p> <p style="text-align: right;"> 3</p>
<p> <b>Labor Day</b></p> <p style="text-align: right;">6</p>	<p><b>CHICKEN TACO SALAD</b> SPANISH RICE REFRIED BEANS TORTILLA CHIPS FRESH FRUIT</p> <p style="text-align: right;">7</p>	<p><u><b>Rosh Hashanah</b></u> <b>BEEF BRISKET</b> <b>POTATO LATKES</b> <b>SOUR CREAM</b> <b>APPLESAUCE</b> <b>RED CABBAGE</b> <b>RYE BREAD/SHERBET</b></p> <p style="text-align: right;">8</p>	<p><b>MACARONI &amp; CHEESE</b> PEAS STEWED TOMATOES DELI RYE BREAD BANANA CAKE</p> <p style="text-align: right;">9</p>	<p><u><b>PATRIOT'S DAY</b></u> <b>BBQ CHICKEN</b> <b>BAKED BEANS</b> <b>POTATO SALAD</b> <b>DINNER ROLL</b> <b>RED, WHITE &amp; BLUE</b> <b>SHORTCAKE</b></p> <p style="text-align: right;"> 10</p>
<p><b>BREAKFAST BURRITO</b> HASH BROWN POTATOES BRAN MUFFIN CINNAMON APPLES ORANGE JUICE</p> <p style="text-align: right;">13</p>	<p><b>BEEF PATTY</b> <b>&amp; ONION GRAVY</b> BAKED POTATO CREAMED SPINACH DELI RYE BREAD FRUIT GELATIN</p> <p style="text-align: right;">14</p>	<p><b>MEATLOAF</b> <b>WITH TOMATO SAUCE</b> MASHED POTATOES CREAMED SPINACH BUTTERMILK BREAD FRESH FRUIT</p> <p style="text-align: right;">15</p>	<p><b>CHICKEN PRIMAVERA</b> <b>CASSEROLE</b> FRENCH GREEN BEANS TOSSED SALAD/DRESSING BANANAS &amp; MANDARIN ORANGES</p> <p style="text-align: right;">16</p>	<p><u><b>Western Day</b></u> <b>BBQ BEEF</b> <b>POTATO O'BRIEN</b> <b>CAPRI BLEND</b> <b>BUN</b> <b>APPLE COBBLER</b></p> <p style="text-align: right;"> 17</p>
<p><b>FRENCH DIP</b> TOMATO &amp; GREEN BEAN SALAD CARROT RAISIN SALAD FRENCH ROLL FRUITY YOGURT</p> <p style="text-align: right;">20</p>	<p><b>CHAMPAGNE CHICKEN</b> <b>BREAST</b> RICE PILAF BROCCOLI FLORETS SPINACH SALAD ÉCLAIR★</p> <p style="text-align: right;">21</p>	<p><b>VEGETABLE BEEF SOUP</b> CAESAR SALAD/DRESSING TURKEY HALF SANDWICH ON STONEGROUND WHEAT BREAD MAYO/MUSTARD FRESH FRUIT</p> <p style="text-align: right;"> 22</p>	<p><b>BBQ RIBLET</b> POTATOES O'BRIEN CAPRI BLEND VEGETABLES BUTTERMILK BREAD FRESH FRUIT</p> <p style="text-align: right;">23</p>	<p><b>SAUSAGE W/PEPPERS &amp;</b> <b>ONIONS OVER</b> <b>EGG NOODLES</b> PEAS &amp; CARROTS BAKED HALF TOMATO CHOCOLATE CAKE</p> <p style="text-align: right;">24</p>
<p><b>SANTA FE CHICKEN STRIPS</b> REFRIED BEANS SPANISH RICE TOSSED SALAD/DRESSING APPLE COBBLER★</p> <p style="text-align: right;">27</p>	<p><b>SWEET &amp; SOUR PORK</b> COLESLAW BROWN RICE ORIENTAL VEGETABLES AMBROSIA</p> <p style="text-align: right;">28</p>	<p><b>CHICKEN PARMESAN</b> ROTINI ITALIAN BLEND VEGGIES SALAD W/TOMATOES PEACH COBBLER★</p> <p style="text-align: right;">29</p>	<p><b>ROAST BEEF WITH</b> <b>LYONNAISE GRAVY</b> MASHED POTATO CAPRI BLEND VEGETABLES 9 GRAIN BREAD FRESH MELON</p> <p style="text-align: right;">30</p>	

\*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL