


OUR MENUS, PER MEAL,
AVERAGE 500-700
CALORIES, 30 - 35% FAT,
AND 1000 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

SEPTEMBER 2011

CHICKEN TACO SALAD
KIDNEY BEANS
TORTILLA CHIPS
ORANGE JUICE
VANILLA WAFERS

1

Labor Day Celebration
CHEESEBURGER ON BUN
LETTUCE & TOMATO SLICE
BAKED BEANS
COLESLAW
CATSUP/MUSTARD
ICE CREAM CUP



2

 **Labor Day**

5

TURKEY MEATLOAF
BAKED POTATO WITH
SOUR CREAM
CARROTS
9 GRAIN BREAD 1/2 SLICE
BANANA CAKE

6

MINISTRONE SOUP
ROAST BEEF SANDWICH
ON BUN
CARROT/RAISIN SALAD
MAYO/MUSTARD
FRESH MELON



7

EGG & CHEESE BURRITO
TOSSED SALAD/DRESSING
CINNAMON APPLES
ORANGE JUICE

8

LEMON ROSEMARY
CHICKEN
SPINACH SALAD
BROWN RICE
BROCCOLI FLORETS
ÉCLAIR*

9

MEATLOAF AND GRAVY
MASHED POTATOES
GREEN PEAS
BUTTERMILK BREAD 1/2
SLICE
CHOCOLATE PUDDING

12

BBQ BEEF SANDWICH
COLESLAW
CORN & BLACK BEAN SALAD
HAMBURGER BUN
WATERMELON

13

CHICKEN PRIMAVERA
CASSEROLE
FRENCH GREEN BEANS
BANANAS & MANDARIN
ORANGES

14

FRENCH DIP SANDWICH
TOMATO & GREEN
BEAN SALAD
FRENCH ROLL
FRUITY YOGURT

15

Western Day
BBQ BEEF
POTATO O'BRIEN
CAPRI BLEND
WHOLE GRAIN
BREAD
APPLE COBBLER



16

VEGETABLE BEEF SOUP
CAESAR SALAD/DRESSING
TURKEY SANDWICH
ON STONEGROUND
WHEAT BREAD
MAYO/MUSTARD
FRESH FRUIT

19



CALIFORNIA CHICKEN
BREAST
BROWN RICE
CAPRI BLEND VEGETABLES
BUTTERMILK BREAD
FRESH FRUIT

20

SAUSAGE W/PEPPERS &
ONIONS OVER
EGG NOODLES
PEAS & CARROTS
CHOCOLATE CAKE

21

SANTA FE CHICKEN STRIPS
BROWN RICE
TOSSED SALAD/DRESSING
BRAN MUFFIN
GRAPE JUICE
CINNAMON APPLES

22

SWEET & SOUR PORK
BROWN RICE
ORIENTAL VEGETABLES
STONE GROUND WHEAT
BREAD
AMBROSIA*

23

CHICKEN PARMESAN
ROTINI PASTA
ITALIAN BLEND VEGETABLES
FRESH FRUIT

26

ROAST BEEF WITH
LYONNAISE GRAVY
MASHED POTATO
CAPRI BLEND VEGETABLES
9 GRAIN BREAD
FRESH MELON

27

Rosh Hashanah
BEEF BRISKET
POTATO LATKES
SOUR CREAM
APPLESAUCE
RED CABBAGE
RYE BREAD/SHERBET

28

BAKED CHICKEN
BROCCOLI
ROASTED RED POTATOES
DINNER ROLL
OATMEAL COOKIES*

29

BAKED WHITE FISH IN A
LEMON SAUCE
RICE/MIXED VEGETABLES
CAESAR SALAD
STONEGROUND WHEAT
BREAD
FRESH FRUIT SALAD

30

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY


1% MILK OFFERED AT EACH MEAL

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Age Well Senior Services

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

DONATION: \$6.50

 MENUS WITH MORE THAN 2400 MG OF SODIUM FOR THE DAY

Home Delivered Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPTEMBER 2011

 <h2>Labor Day</h2> <p>5</p>	<p>SALISBURY STEAK/GRAVY MASHED POTATOES HARVARD BEETS CHICKEN RANCHERO SPANISH RICE MIXED VEGETABLES PINTO BEANS FRESH FRUIT VANILLA WAFERS</p>  <p>6</p>	<p>FISH WITH DILL SAUCE BROWN RICE CARROTS ORANGE JUICE SWEDISH MEATBALLS EGG NOODLES MIXED VEGETABLES CORN OATMEAL COOKIES</p> <p>7</p>	<p>POLISH SAUSAGE HASH BROWNS SAUERKRAUT GRAPE JUICE MEATLOAF W/TOMATO SAUCE GREEN BEANS CARROTS WHEAT BREAD/PEARS</p>  <p>1</p>	<p>SLICED TURKEY & GRAVY CORN SPINACH CAESAR SALAD HARD BOIL EGG WHEAT BREAD COOKIES FRESH FRUIT</p> <p>2</p>
<p>TURKEY MEATLOAF/TOMATO SAUCE MASHED POTATOES BROCCOLI TOMATO WEDGES/DRESSING ORANGE/PINEAPPLE JUICE HAM SANDWICH WHEAT BREAD/MUSTARD POUND CAKE FRESH FRUIT</p> <p>12</p>	<p>BBQ BEEF BAKED BEANS HASH BROWN POTATOES PINEAPPLE JUICE HARVEST VEGETARIAN PLATE WHEAT BREAD GELATIN MIXED FRUIT</p> <p>13</p>	<p>MEATLOAF IN TOMATO SAUCE CARROTS CAPRI BLEND VEGETABLES BAKED CHICKEN BROWN RICE MASHED POTATOES BROCCOLI VANILLA PUDDING</p> <p>14</p>	<p>MACARONI & CHEESE PEAS STEWED TOMATOES COLESLAW HAM SALAD SANDWICH WHEAT BREAD CHOCOLATE PUDDING APPLESAUCE</p> <p>8</p>	<p>CHICKEN NOODLE CASSEROLE MIXED VEGETABLES GREEN BEANS PEPPER STEAK & GRAVY HASH BROWN POTATOES GREEN PEAS CHOCOLATE CHIP COOKIES</p> <p>9</p>
<p>TUNA CASSEROLE PEAS HARVARD BEETS PINEAPPLE JUICE COLESLAW SALAMI SANDWICH WHEAT BREAD/MUSTARD GELATIN SLICED APPLES</p> <p>19</p>	<p>PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING</p> <p>20</p>	<p>BEEF STEAK & ONION GRAVY MASHED POTATOES GREEN BEANS ROTINI MACARONI W/ MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS PEARS</p> <p>21</p>	<p>GLAZED HAM SWEET POTATOES LIMA BEANS CHILI PEAS CORN & CARROTS WHEAT BREAD APPLESAUCE COOKIES</p> <p>15</p>	<p>CHICKEN PATTY & GRAVY CARROTS BROCCOLI MACARONI, HAM & CHEESE CREAMED SPINACH CORN APPLESAUCE</p> <p>22</p>
<p>CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS MEATBALLS RICE CARROTS SUCCOTASH APPLE JUICE COOKIES</p> <p>26</p>	<p>ROAST BEEF IN GRAVY MASHED POTATOES PEAS ORANGE/PINEAPPLE JUICE COLESLAW SALAMI SANDWICH WHEAT BREAD/MUSTARD GRAHAM CRACKERS APPLESAUCE</p> <p>27</p>	<p>MEATLOAF & GRAVY BAKED POTATO MIXED VEGETABLES TURKEY ALA KING EGG NOODLES PEAS CARROTS CHOCOLATE PUDDING</p> <p>28</p>	<p>BAKED CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SPAGHETTI & MEAT SAUCE PEAS CORN MIXED FRUIT</p> <p>29</p>	<p>BAKED CHICKEN SCALLOPED POTATOES CARROTS ORANGE JUICE TOSSED SALAD/DRESSING EGG SALAD SANDWICH WHEAT BREAD YOGURT FRESH FRUIT</p> <p>16</p>

FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

Age Well Senior Services

Cold Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2011				
			HARVEST VEGETARIAN PLATE ORANGE PINEAPPLE JUICE SQUAW BREAD FAMOUS AMOS CHOCOLATE CHIP COOKIES	MEATLOAF SANDWICH WHEATBERRY BREAD/ MUSTARD BEETS/DRESSING PEARS
			1	2
 Labor Day	KAHUNA TUNA SALAD ORANGE JUICE BUTTERMILK BREAD CHOCOLATE MARSHMALLOW PUDDING	SNOBALL SALAD (COTTAGE CHEESE) PINEAPPLE JUICE 9 GRAIN BREAD PUDDING	SLICED TURKEY ON CANADIAN OAT BREAD TOMATO WEDGES/DRSG MAYONNAISE FRESH FRUIT	HAM & CHEESE SANDWICH ON BUTTERMILK BREAD BEETS/DRESSING MUSTARD PEACHES
5	6	7	8	9
CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE ICED CAKE	CHICKEN SALAD SANDWICH DELI RYE BREAD TOSSED SALAD WITH DRESSING MIXED FRUIT	EGG SALAD APPLE JUICE STONEGROUND WHEAT BREAD PUDDING	SNOBALL SALAD (COTTAGE CHEESE) ORANGE PINEAPPLE JUICE HONEY WHEATBERRY BREAD FRESH FRUIT	CAESAR SALAD ORANGE JUICE 9 GRAIN BREAD YOGURT
12	13	14	15	16
CHICKEN SALAD ON HONEY WHEATBERRY BREAD THREE BEAN SALAD SLICED APPLES	SEAFOOD SALAD APPLE JUICE STONEGROUND WHEAT BREAD PUDDING	HAM SANDWICH ON CANADIAN OAT BREAD BEETS/DRESSING MUSTARD PEARS	TUNA SALAD SANDWICH ON A SOFT ROLL GRAPE JUICE TOMATO WEDGES/DRSG GRANDMA'S OATMEAL RAISIN COOKIES	HARVEST VEGETARIAN PLATE APPLE JUICE 9 GRAIN BREAD OATMEAL COOKIES
19	20	21	22	23
CAESAR SALAD GRAPE JUICE WHEATBERRY BREAD FRESH FRUIT	SLICED TURKEY ON A CROISSANT APPLE JUICE COLESLAW MAYONNAISE YOGURT	SNOBALL SALAD (COTTAGE CHEESE) ORANGE/PINEAPPLE JUICE BUTTERMILK BREAD PUDDING	TUNA SALAD SANDWICH ON STONEGROUND WHEAT BREAD GRAPE JUICE TOMATO WEDGES/DRSG FAMOUS AMOS CHOCOLATE CHIP COOKIES	HARVEST VEGETARIAN PLATE ORANGE JUICE 9 GRAIN BREAD PUDDING
26	27	28	29	30

Age Well Senior Services

Home Delivered Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPTEMBER 2011

			APPLESAUCE RAISIN BRAN WHEAT BREAD MARGARINE LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS WHEAT BREAD MARGARINE LOW FAT MILK
			1	2
 Labor Day	ORANGE JUICE CHED. SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK	BANANA BRAN FLAKES WHEAT BREAD MARGARINE LOW FAT MILK	GRAPE JUICE FROSTED MINI WHEATS WHEAT BREAD MARGARINE LOW FAT MILK	FRESH FRUIT BAGEL PEANUT BUTTER JELLY MARGARINE (2) LOW FAT MILK
5	6	7	8	9
ORANGE/PINEAPPLE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	FRESH FRUIT FRENCH TOAST SYRUP JELLY MARGARINE LOW FAT MILK	ORANGE JUICE RAISIN BRAN WHEAT BREAD (2) MARGARINE (2) LOW FAT MILK	GRAPE JUICE ENGLISH MUFFIN JELLY MARGARINE LOW FAT MILK	BANANA TOASTED OATS YOGURT LOW FAT MILK
12	13	14	15	16
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK	GRAPE JUICE OATMEAL ALMONDS & RAISINS LOW FAT MILK	FRESH FRUIT BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE RAISIN BRAN WHEAT BREAD MARGARINE LOW FAT MILK	GRAPE JUICE OATMEAL ALMONDS & RAISINS LOW FAT MILK
19	20	21	22	23
FROZEN MIXED BERRIES FRESH FRUIT SALAD BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK	FRESH FRUIT ENGLISH MUFFIN PEANUT BUTTER CUP JELLY MARGARINE LOW FAT MILK	ORANGE JUICE FRENCH TOAST SYRUP JELLY MARGARINE (2) LOW FAT MILK	BANANA BRAN FLAKES WHEAT BREAD (2) MARGARINE (2) LOW FAT MILK	FRESH FRUIT TOASTED OATS WHEAT TOAST MARGARINE LOW FAT MILK
26	27	28	29	30