

THIS MENU SUBJECT TO CHANGE

WITHOUT NOTICE

Waterbury Area SENIOR CENTER

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AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3) Chicken Strips Tater Tots Corn WW Roll Mandarin Oranges	4) Beef Cobbler Au Gratin Potatoes Spinach Pineapple Cookie	5) Turkey w/Stuffing Mashed Potato & Gravy Green Beans Roll Birthday Cake	6) Ginger Pork & Brown Rice Bowl Side Salad Carrots Bread stick Mango	7) Black bean Burger Cucumber & Tomato Salad WW Bun Cantaloupe Fruit Bar
10) Grilled Kielbasa w/Peppers & Onion WW Bun Macaroni Salad Mixed Fruit Cup Brownie	11) WW French Toast Hard Boiled Eggs Hashbrown Patty Yogurt Orange Juice	12) Salmon Fillet Mashed Sweet Potato Green Beans Cornbread Kiwi Cookie	13) Chicken & Spinach Tortellini Caesar Side Salad Cantaloupe WW Garlic Bread Fruit Pie	14) Beef & Bean Burrito WW Tortilla Corn Mexican Chopped Salad Papaya
17) Grilled Pork Chops Au Gratin Potato Green Beans WW Breadstick Applesauce Cookie	18) Shepherd's Pie Peas WW Biscuit Pineapple	19) Swedish Meatballs over Mashed Potatoes Roasted Kale WW Roll Cherry Cobbler	20) Egg Salad Sandwich w/ Lettuce & Tomato WW Bread Veggie Cup Fruit Salad	21) Chicken Curry Broccoli Carrots Brown Rice Fruit Cocktail
24) Grilled Chicken Breast Roasted Asparagus Corn on cob WW Breadstick Mixed Melon Dessert Bar	25) Veggie Quiche w/Spinach, Peppers, & Onion Yogurt Oranges	26) Pot Roast Roasted Potatoes Carrots WW Roll Apple Cake	27) Stuffed Sweet Potatoes w/Corn, Peppers, & Onion WW Biscuit Peaches	28) Pork Fried Rice Broccoli Spring Roll Cantaloupe
31) Grilled Cheeseburgers WW Bun Baked Beans Roasted cheesy Potatoes Pears Pudding cup				Suggested Meal Donation for age 60 and above - \$5 for anyone under age 60 - \$12