

Join us for lunch in our Dining Room
 Monday - Saturday 11:30 to 12:30
 *Saturday menu in Dining Room only.



AUGUST 2017

Hot Lunch Menu

Ask for No-Sugar Desserts (Based on Availability)
 Substitutions May Be Made For Allergies (Based Upon Product Availability)

Senior Meal (age 60+) - Suggested Donation \$6.00
 There is no obligation to donate.

www.wasillaseniors.com (907)376-3104

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
AK Senator David Wilson	1	2	3	4	5 Davis Wright Tremaine
KIELBASA POTATO SKILLET COOKED SPINACH SOUP OR SALAD FRUIT COCKTAIL	BEEF STEW EGG NOODLES SPINACH SALAD PUDDING	EGG SALAD SANDWICH SANDWICH TOPPINGS VEGETABLE SOUP SIDE SALAD FRUIT	SHEPHERD'S PIE CHICKEN SOUP OR SALAD JELL-O & COOL WHIP	SPAGHETTI WITH GROUND TURKEY STEAMED VEGGIES SIDE SALAD YOGURT PERFAIT	CHICKEN PARMESAN HERBED SPAGHETTI COOKED CARROTS CHEF'S CHOICE DESSERT
7	8	9	10	11	12
TURKEY SANDWICH WITH LETTUCE & TOMATO WHOLE WHEAT BREAD, VEGETABLE SOUP, SIDE SALAD YOGURT PERFAIT	BEEF TACOS REFRIED BEANS CUT CORN SOUP OR SALAD COOKIES	CHEF SALAD WHOLE WHEAT ROLL COTTAGE CHEESE & FRUIT SOUP COOKIE	CHICKEN CHILI CORN BREAD SIDE SALAD FRUIT	KALUA PORK RICE ROASTED PEPPERS & ONIONS SOUP OR SALAD JELL-O & COOL WHIP	KIELBASA POTATO SKILLET COOKED SPINACH SOUP OR SALAD FRUIT COCKTAIL
14	15	16	17 In Honor of WASI CEO Chuck Foster	18	19
TUNA PATTIES ROASTED POTATOES CARROTS CHICKEN SOUP OR SALAD ICE CREAM	CHICKEN FAJITAS MEXICAN RICE SOUR CREAM & SALSA SOUP OR SALAD COOKIE	LASAGNA ENGLISH PEAS SOUP OR SALAD JELL-O	BEEF POT ROAST MASHED POTATOES GRAVY ROASTED CAULIFLOWER FRUIT COCKTAIL	BAKED CHICKEN RICE & MUSHROOMS BRUSSELS SPROUTS SOUP OR SALAD PUDDING	BAKED FISH RICE ASPARAGUS PEACHES
21 Chuck Foster, WASI CEO	22	23	24	25	26
CHICKEN SALAD SANDWICH SANDWICH TOPPINGS & WHOLE WHEAT BREAD CHICKEN NOODLE SOUP SIDE SALAD & PEARS	PORK CUTLETS STUFFING AND GRAVY BRUSSELS SPROUTS SOUP OR SALAD JELL-O & FRUIT	CHICKEN CAESAR SALAD WHOLE WHEAT ROLL COTTAGE CHEESE & FRUIT SOUP COOKIE	STUFFED BELL PEPPERS MIXED VEGGIES SOUP OR SALAD MANDARIN ORANGES	CHICKEN CACCIATORE EGG NOODLES ITALIAN GREEN BEANS SOUP OR SALAD COOKIES	MEATLOAF GRAVY ROASTED POTATOES STEAMED MIXED VEGGIES PEARS
28	29	30	31	<u>Our Generous Lunch Sponsors:</u> 31 July: Alaska Senator David Wilson Aug 5: Co-Sponsors Davis Wright Tremaine & Anonymous Volunteer/Supporter Aug 17: Anonymous WASI Board Member Aug 21: WASI CEO Chuck Foster	
SWEDISH MEATBALLS EGG NOODLES GREEN BEANS SOUP OR SALAD FRUIT	TURKEY BURGER ON WHOLE WHEAT BUN BAKED LAYS CHIPS ROASTED CAULIFLOWER JELL-O & COOL WHIP	CHICKEN LEGS RICE GREEN BEANS SOUP OR SALAD YOGURT PERFAIT	GROUND BEEF CHILI CORN BREAD SIDE SALAD COOKIES		