

Join us for lunch in our Dining Room
Monday - Friday 11:30 to 12:30

OCTOBER

2019



Soup and Salad Served With All Meals
Vegetables Accompany All Meals

Milk & Juice Available Daily
Dessert Available Daily

Senior Meal (age 60+) - Suggested Donation \$6.00
Donations of every amount are welcome.

Substitutions may be made based upon product availability

www.wasillaseniors.com
(907)376-3104

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept 30	1	2	3	4
OPEN FACED ROAST BEEF MASHED POTATOES VEGETABLE SOUP & SALAD DESSERT	TUNA SALAD SANDWICH CHIPS & PICKLE SOUP & SALAD DESSERT	ENCHILADAS BLACK BEANS & RICE SOUP & SALAD DESSERT	CHICKEN TENDERS SWEET POTATO FRIES VEGETABLE SOUP & SALAD DESSERT	BAKED FISH / CHICKEN PATTY RICE PILAF VEGETABLE SOUP & SALAD DESSERT
7	8	9	10	11
SWEDISH MEATBALLS EGG NOODLES VEGETABLES SOUP & SALAD DESSERT	PHILLY STEAK & CHEESE CHIPS & PICKLE SOUP & SALAD DESSERT	BEEF STEW DINNER ROLLS VEGETABLE SOUP & SALAD DESSERT	KALUA PORK WHITE RICE VEGETABLE SOUP & SALAD DESSERT	MANICOTTI DINNER ROLLS VEGETABLE SOUP & SALAD DESSERT
14 WASI Closed	15 Membership Meeting	16	17	18
 Columbus Day	POT ROAST CARROTS & POTATOES SOUP & SALAD ASSORTED PIE	SPAGHETTI GARLIC BREAD VEGETABLE SOUP & SALAD DESSERT	OVEN FRIED CHICKEN MASHED POTATOES & GRAVY VEGETABLE SOUP & SALAD DESSERT	SEAFOOD PLATTER /CHICKEN CURLY FRIES & VEGETABLE SOUP & SALAD DESSERT
21	22	23	24	25
CHICKEN ALFREDO W/ FETTUCINE VEGETABLE SOUP & SALAD DESSERT	SLOPPY JOES TATER TOTS VEGETABLE SOUP & SALAD DESSERT	CHICKEN & RICE CASSEROLE VEGETABLE SOUP & SALAD DESSERT	SOUTHWEST WRAPS CHIPS & PICKLE SOUP & SALAD DESSERT	TERIYAKI CHICKEN STEAMED RICE ASIAN VEGETABLES SOUP & SALAD DESSERT
28	29	30	31	
WAFFLES SCRAMBLED EGGS BACON & SAUSAGE HASH BROWNS SOUP & SALAD	CHICKEN SALAD FRESH FRUIT DINNER ROLLS SOUP & SALAD DESSERT	PORK CHOPS POTATOES & STUFFING VEGETABLE SOUP & SALAD DESSERT		<i>Lunch Sponsors...</i> 31: Glenda's Training Center & Beauty Salon