

OUR MENUS, PER MEAL,  
 AVERAGE 500-700  
 CALORIES, AND LESS THAN 900  
 MG OF SODIUM, EXCLUDING  
 SPECIAL EVENT MEALS  
 (CONDIMENTS NOT INCLUDED)  
 \* MEALS WITH MORE THAN  
 1000 MG OF SODIUM

# Age Well® Senior Services

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

## Lunch Menu

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

SUGGESTED DONATION- 60 YRS OR OLDER: \$4.50  
 COST - 60 YEARS OR YOUNGER: \$6.00

AWSS RESERVES THE RIGHT TO MAKE  
 SUBSTITUTES WITHOUT NOTICE


### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>YANKEE POT ROAST</b> ROASTED RED POTATOES CARROTS WHOLE WHEAT ROLL MANDARIN & BANANA SALAD 1	<b>CHICKEN PARMIGIANA</b> ROTINI PASTA WITH MARINARA SAUCE ITALIAN BLEND VEGGIES SPINACH SALAD FRESH FRUIT 2	<b>PULLED PORK BBQ SANDWICH ON A BUN</b> CORN & BLACK BEAN SALAD COLESLAW SEASONAL MELON 3	<b>SWEDISH MEATBALLS ON A BED OF EGG NOODLES</b> ROASTED TOMATO 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE RASPBERRY SHERBET 4	<b>MANDARIN CHICKEN RICE BOWL WITH BROCCOLI &amp; CARROTS</b> ORANGE JUICE CHOCOLATE CAKE 5
<b>FRENCH DIP WITH AU JUS ON A HOAGIE ROLL</b> BROCCOLI AND CAULIFLOWER SALAD ROASTED RED POTATOES FRUITY YOGURT 8	<b>CHICKEN CURRY</b> BROWN RICE GREEN BEANS SPRING SALAD MIX WITH DRESSING FRESH ORANGE 9	<b>NATIONAL SIBLING DAY</b> <b>CHEESEBURGER ON A BUN</b> WITH LETTUCE, TOMATO COLESLAW CORN AND RED PEPPER CANTALOUPE 10	<b>CHICKEN TACO SALAD</b> WITH LETTUCE, TOMATO, CHEDDAR CHEESE, KIDNEY BEANS, SALSA, AND TORTILLA CHIPS MANDARIN & BANANA SALAD 11	<b>CREAM OF BROCCOLI SOUP</b> EGG SALAD SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD ORANGE JUICE OATMEAL COOKIES 12
<b>SPINACH CANNELLONI</b> TOSSED SALAD WITH TOMATOES 1/2 SLICE WHOLE GRAIN BREAD FRESH FRUIT 15	<b>VEGETABLES BEEF SOUP</b> SPRING SALAD WITH DRESSING TURKEY SANDWICH ON WHOLE WHEAT BREAD FRESH FRUIT 16	<b>BALSAMIC CHICKEN</b> BAKED SWEET POTATOES CAPRI BLEND VEGETABLES 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE TAPIOCA PUDDING 17	<i>Happy Easter</i> <b>BAKED HAM WITH RAISIN SAUCE</b> SCALLOPED POTATO BROCCOLI FLORETS DINNER ROLL STRAWBERRY SHORTCAKE 18	<b>Good Friday</b> <b>FISH TACOS WITH CILANTRO LIME SAUCE IN CORN TORTILLAS</b> CABBAGE & CHOPPED TOM. CORN & BLACK BEAN SALAD CLEMENTINE VANILLA WAFERS 19
<b>PASSOVER</b> <b>BEEF BRISKET</b> POTATO LATKES APPLESAUCE RED CABBAGE MATZA SHERBET 22	<b>MINISTRONE SOUP</b> ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD TRI-COLOR COLESLAW FRESH MELON 23	<b>MEATBALL SANDWICH</b> TOSSED SALAD WITH DRESSING ORANGE JUICE CINNAMON APPLES 24	<b>CHICKEN FAJITA BOWL</b> FRESH GARDEN SALAD WITH TOMATOES BANANA 25	<b>BIRTHDAY CELEBRATION</b> <b>CREAMY ROSEMARY CHICKEN</b> CAESAR SALAD ROASTED RED POTATOES BROCCOLI FLORETS ÉCLAIR 26
<b>GRILLED SAUSAGE WITH PEPPERS &amp; ONIONS OVER EGG NOODLES</b> CARROTS & CAULIFLOWER SLICED PEACHES WITH RASPBERRIES 29	<b>BAKED FISH FILET WITH TARTAR SAUCE</b> COLESLAW ROASTED RED POTATOES STONE GROUND WHEAT BREAD BANANA 30	 <h1>April 2019</h1>		

\*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1%

MILK OFFERED AT EACH MEAL

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## Cold Lunch Menu

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### MONDAY

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### FRIDAY

<p>TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE</p> <p style="text-align: right;">1</p>	<p>HUMMUS WRAP CANTALOUPE ORANGE JUICE YOGURT</p> <p style="text-align: right;">2</p>	<p>SPINACH SALAD BLUEBERRY MUFFIN ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;">3</p>	<p>TUNA SALAD PLATE 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;">4</p>	<p>GREEK LENTIL SALAD PITA BREAD ORANGE PINEAPPLE JUICE CHOCOLATE CAKE</p> <p style="text-align: right;">5</p>
<p>SEAFOOD SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE MANDARIN &amp; BANANA SALAD</p> <p style="text-align: right;">8</p>	<p>EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATO WEDGES WITH DRESSING ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;">9</p>	<p>TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE SLICED TOMATOES WITH DRESSING CANTALOUPE</p> <p style="text-align: right;">10</p>	<p>HARVEST VEGETARIAN PLATE STONEGROUND BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">11</p>	<p>HAM SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE-PINEAPPLE JUICE OATMEAL COOKIES</p> <p style="text-align: right;">12</p>
<p>ROAST BEEF &amp; CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE</p> <p style="text-align: right;">15</p>	<p>CHICKEN SALAD SANDWICH ON HONEY WHEATBERRY BREAD TOMATO WEDGES WITH DRESSING FAMOUS AMOS CHOCOLATE CHIP COOKIES ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">16</p>	<p>SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">17</p>	<p>CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT</p> <p style="text-align: right;">18</p>	<p>EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;">19</p>
<p>HUMMUS WRAP SLICED BEETS WITH DRESSING ORANGE PINEAPPLE JUICE PEARS</p> <p style="text-align: right;">22</p>	<p>SNOBALL SALAD PLATE 9 GRAIN BREAD ORANGE JUICE LEMON PUDDING</p> <p style="text-align: right;">23</p>	<p>CAESAR SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;">24</p>	<p>SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGES WITH DRESSING CANTALOUPE</p> <p style="text-align: right;">25</p>	<p>HAM &amp; CHEESE SANDWICH ON RYE BREAD COLESLAW FRUITED GELATIN</p> <p style="text-align: right;">26</p>
<p>TUNA SALAD PLATE ORANGE JUICE ROLL GRANDMA'S OATMEAL RAISIN COOKIES</p> <p style="text-align: right;">29</p>	<p>HAM SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING FRESH ORANGE</p> <p style="text-align: right;">30</p>			

# April 2019

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