

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

May 2019

LENTIL SOUP
TURKEY SANDWICH ON
WHOLE WHEAT BREAD
CARROT RAISIN SALAD
FRESH ORANGE
OATMEAL COOKIES 

6

BBQ CHICKEN THIGHS
CHUCKWAGON CORN
TOMATO AND GREEN
BEAN SALAD
1/2 SLICE STONE GROUND
WHEAT BREAD
BANANA CAKE

7

**TERIYAKI MEATBALL
RICE BOWL WITH
BROCCOLI & CARROTS**
MANDARIN & BANANA
SALAD

8

PARMESAN CHICKEN
SPAGHETTI & SAUCE
SPRING SALAD MIX WITH
TOMATOES
ORANGE JUICE
AMBROSIA

9

Mother's Day
CHICKEN CORDON BLUE
RICE PILAF
CAESAR SALAD/DRESSING
CREAMED SPINACH
STRAWBERRY SHORTCAKE

10

**FISH FILET IN A
CREAMY DILL SAUCE**
LONG GRAIN BROWN RICE
BUTTERED CARROT COINS
CAESAR SALAD WITH
CROUTONS
ORANGE JUICE
FRUITY YOGURT


13

**SOUTHWESTERN CHICKEN
CHILI WITH TOPPINGS**
GARDEN SALAD WITH
DRESSING
CORN MUFFIN
NUTMEG CUSTARD

14

**BEEF STROGANOFF OVER
EGG NOODLES**
BRUSSELS SPROUTS
1/2 SLICE WHOLE WHEAT
BREAD
CINNAMON APPLES

15

BUTTERNUT SQUASH SOUP
ROAST BEEF SANDWICH
ON WHOLE WHEAT
BREAD 
BROCCOLI & CAULIFLOWER
SALAD
CHOCOLATE CHIP COOKIES

16

Older American's Day
SMOTHERED MEATLOAF
BAKED POTATO/SOUR CM
BUTTERED CARROT COINS
1/2 SLICE 9 GRAIN BREAD
MIXED FRUIT
ÉCLAIR

17

**HERB ROASTED PORK
LOIN & GRAVY**
BAKED SWEET POTATO
CAPRI BLEND VEGETABLES
ORANGE JUICE
1/2 SLICE 9 GRAIN BREAD
OATMEAL COOKIES

20

**BAKED ZITI WITH MEAT
SAUCE**
SPINACH SALAD WITH
CREAMY ITALIAN
DRESSING
ITALIAN BLEND VEGGIES
SLICED APPLES

21

HONEY MUSTARD CHICKEN
BAKED TOMATO HALF
ROASTED RED POTATOES
1/2 SLICE WHOLE WHEAT
BREAD
FRUITY RASPBERRY
GELATIN

22

**CHICKEN ENCHILADA
CASSEROLE**
SPRING SALAD MIX WITH
TOMATOES
SPANISH RICE
ORANGE JUICE
FRUIT AMBROSIA


23

**Memorial Day
Happy Birthday**
**CHILI CHEESE DOG
ON A HOTDOG BUN**
COLESLAW 
ICE CREAM CUP

24

**MEMORIAL
DAY** 

27

CHICKEN NOODLE SOUP
TUNA SALAD SANDWICH
ON WHOLE WHEAT
BREAD 
TOMATO & GREEN BEAN
SALAD
ROCKY ROAD PUDDING

28

**OVEN ROASTED CHICKEN
THIGHS**
ROSEMARY RED POTATOES
SWEET & SOUR CABBAGE
1/2 SLICE CRACKED WHEAT
BREAD
ÉCLAIR

29

**BEEF STEW WITH
POTATOES, CARROT,
ONION & CELERY**
GARDEN SALAD WITH
TOMATOES
1/2 SLICE WHEAT BREAD
SLICED APPLES

30

STUFFED GREEN PEPPERS
BABY CARROTS
SPINACH SALAD WITH
DRESSING
1/2 SLICE WHOLE WHEAT
BREAD
BANANA CAKE

31

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May 2019

| | | | | |
|--|--|--|---|---|
| | | CHICKEN SALAD SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRUIT COCKTAIL | SPINACH SALAD WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE PUDDING | TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH FRUIT |
| | | 1 | 2 | 3 |
| CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE CHOCOLATE PUDDING | SUBMARINE SANDWICH ON FRENCH ROLL COLESLAW ORANGE PINEAPPLE JUICE CANTALOUPE | HARVEST VEGETARIAN PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN | HUMMUS WRAP CANTALOUPE ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES | QUINOA SALAD PLATE BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT |
| 6 | 7 | 8 | 9 | 10 |
| ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE FRESH FRUIT | TUNA SALAD PLATE CROISSANT ORANGE JUICE APPLESAUCE | SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGE WITH DRESSING ORANGE JUICE CLEMANTINE VANILLA WAFER | CHICKEN SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRESH FRUIT | EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATOES WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING |
| 13 | 14 | 15 | 16 | 17 |
| TURKEY SANDWICH ON WHEATBERRY BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE MANDARIN ORANGES & BANANA | GREEK LENTIL SALAD PITA BREAD ORANGE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES | HAM SALAD SANDWICH ON RYE BREAD SLICED BEETS WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING | SPINACH SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT | ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BREAD COLESLAW ORANGE PINEAPPLE JUICE FRESH FRUIT |
| 20 | 21 | 22 | 23 | 24 |
|  MEMORIAL DAY | HARVEST VEGETARIAN PLATE WHEAT ROLL ORANGE PINEAPPLE JUICE TAPIOCA PUDDING | HAM & CHEESE SANDWICH ON CANADIAN WHEAT BREAD TOMATOES/ WITH DRESSING ORANGE PINEAPPLE JUICE CANTALOUPE | TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH APPLE | CHICKEN SALAD SANDWICH ON A CROISSANT GARDEN SALAD WITH DRESSING ORANGE JUICE APPLESAUCE |
| 27 | 28 | 29 | 30 | 31 |