

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

Age Well[®] Senior Services

Home Delivered Menu

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

DONATION: \$7.50

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>FISH FILET IN DILL SAUCE BROWN RICE CREAMED SPINACH SWEDISH MEATBALLS OVER NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING</p> <p style="text-align: right;">3</p>	<p>CHICKEN PARMIGIANA SPAGHETTI & SAUCE SPINACH TOSSED SALAD WITH DRESSING EGG SALAD SANDWICH WHEAT BREAD FRESH FRUIT VANILLA PUDDING</p> <p style="text-align: right;">4</p>	<p>SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS APPLESAUCE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">5</p>	<p>BREADED CHICKEN PATTY & GRAVY CALIFORNIA BLEND BROCCOLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN ORANGE JUICE APPLESAUCE</p> <p style="text-align: right;">6</p>	<p>ROAST BEEF & GRAVY MASHED POTATOES CHUCKWAGON CORN TURKEY SANDWICH ON WHEAT BREAD COLESLAW GRAHAM CRACKERS FRESH FRUIT</p> <p style="text-align: right;">7</p>
<p>SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS RASPBERRY GELATIN</p> <p style="text-align: right;">10</p>	<p>CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA</p> <p style="text-align: right;">11</p>	<p>BARBEQUE CHICKEN BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING TURKEY SANDWICH ON WHEAT BREAD SUGAR COOKIES APPLESAUCE</p> <p style="text-align: right;">12</p>	<p>POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT</p> <p style="text-align: right;">13</p>	<p>SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT</p> <p style="text-align: right;">14</p>
<p>FISH FILET IN LEMON SAUCE BROWN RICE CARROTS ORANGE JUICE EGG SALAD SANDWICH ON WHEAT BREAD COLESLAW FRESH FRUIT APPLE PIE</p> <p style="text-align: right;">17</p>	<p>MACARONI, HAM & CHEESE SPINACH BAKED TOMATO HALF SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES</p> <p style="text-align: right;">18</p>	<p>TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD PEACHES</p> <p style="text-align: right;">19</p>	<p>TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHEAT BREAD TOMATOES WITH DRESSING POUND CAKE FRESH FRUIT</p> <p style="text-align: right;">20</p>	<p>SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND WHEAT BREAD PEARS</p> <p style="text-align: right;">21</p>
<p>SPAGHETTI & MEATBALLS CORN ITALIAN BLEND PORK IN SAVORY HARVEST SAUCE BROWN RICE BROCCOLI PEARS CHOCOLATE CAKE ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">24</p>	<p>SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">25</p>	<p>GLAZED HAM SWEET POTATOES LIMA BEANS CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY ORANGE PINEAPPLE JUICE GRAHAM CRACKERS ÉCLAIR</p> <p style="text-align: right;">26</p>	<p>BAKED CHICKEN SCALLOPED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE FRUITED GELATIN</p> <p style="text-align: right;">27</p>	<p>PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING</p> <p style="text-align: right;">28</p>



*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

Home Delivered Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK 3	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 4	BANANA BRAN FLAKES BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK 5	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 6	PEACHES FRENCH TOAST SYRUP JELLY MARGARINE (2) LOW FAT MILK 7
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 10	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 11	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 12	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 13	ORANGE JUICE WAFFLES SYRUP JELLY MARGARINE (2) LOW FAT MILK 14
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 17	ORANGE JUICE TOASTED OATS YOGURT BANANA LOW FAT MILK 18	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 19	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 20	ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 21
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 24	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK 25	ORANGE PINEAPPLE JUICE 1/2 BAGEL JELLY MARGARINE LOW FAT MILK 26	BANANA TOASTED OATS YOGURT LOW FAT MILK 27	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 28

