

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>MANDARIN CHICKEN RICE BOWL WITH BROCCOLI &amp; CARROTS</b> ORANGE JUICE CHOCOLATE CAKE 3	<b>YANKEE POT ROAST</b> ROASTED RED POTATOES CARROTS WHOLE WHEAT ROLL MANDARIN & BANANA SALAD 4	<b>CHICKEN PARMIGIANA</b> ROTINI PASTA WITH MARINARA SAUCE ITALIAN BLEND VEGGIES SPINACH SALAD FRESH FRUIT 5	<b>PULLED PORK BBQ SANDWICH ON A BUN</b> CORN & BLACK BEAN SALAD COLESLAW SEASONAL MELON 6	<b>SWEDISH MEATBALLS ON A BED OF EGG NOODLES</b> ROASTED TOMATO 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE RASPBERRY SHERBET 7
<b>CHICKEN CURRY</b> BROWN RICE GREEN BEANS SPRING SALAD MIX WITH DRESSING FRESH ORANGE 10	<b>FRENCH DIP WITH AU JUS ON A HOAGIE ROLL</b> BROCCOLI AND CAULIFLOWER SALAD ROASTED RED POTATOES FRUITY YOGURT 11	<b>CREAM OF BROCCOLI SOUP</b> EGG SALAD SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD ORANGE JUICE OATMEAL COOKIES  12	<b>CHICKEN TACO SALAD</b> WITH LETTUCE, TOMATO, CHEDDAR CHEESE, KIDNEY BEANS, SALSA, AND TORTILLA CHIPS MANDARIN & BANANA SALAD 13	<b>Fathers Day/Flag Day</b> <b>BBQ RIBLET</b> POTATO O'BRIEN CAPRI BLEND VEGGIES WHOLE GRAIN BREAD APPLE COBBLER 14
<b>MINSTRONE SOUP</b> ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD TRI-COLOR COLESLAW FRESH MELON  17	<b>MEATBALL SANDWICH</b> TOSSED SALAD WITH DRESSING ORANGE JUICE CINNAMON APPLES 18	<b>CREAMY ROSEMARY CHICKEN</b> CAESAR SALAD ROASTED RED POTATOES BROCCOLI FLORETS ÉCLAIR 19	<b>CHICKEN FAJITA BOWL</b> FRESH GARDEN SALAD WITH TOMATOES BANANA 20	<b>First Day of Summer</b> <b>CHEESEBURGER ON A BUN</b> WITH LETTUCE, TOMATO COLESLAW BAKED BEANS ICE CREAM CUP  21
<b>VEGETABLES BEEF SOUP</b> SPRING SALAD WITH DRESSING TURKEY SANDWICH ON WHOLE WHEAT BREAD FRESH FRUIT  24	<b>SPINACH CANNELLONI</b> TOSSED SALAD WITH TOMATOES 1/2 SLICE WHOLE GRAIN BREAD FRESH FRUIT 25	<b>FISH TACOS WITH CILANTRO LIME SAUCE IN CORN TORTILLAS</b> CABBAGE & CHOPPED TOMATOES CORN & BLACK BEAN SALAD CLEMENTINE VANILLA WAFERS 26	<b>SWISS STEAK &amp; GRAVY</b> BAKED POTATO WITH SOUR CREAM CREAMED SPINACH 1/2 SLICE 9 GRAIN BREAD SLICED PEACHES WITH RASPBERRIES 27	<b>Happy Birthday</b> <b>BALSAMIC CHICKEN</b> BAKED SWEET POTATOES CAPRI BLEND VEGETABLES 1/2 SLICE WHEAT BREAD ORANGE JUICE TAPIOCA PUDDING 28

# June 2019

\*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

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# Age Well<sup>®</sup> Senior Services

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## Cold Lunch Menu

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### MONDAY

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### FRIDAY

GREEK LENTIL SALAD PITA BREAD ORANGE PINEAPPLE JUICE CHOCOLATE CAKE  <b>3</b>	TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE  <b>4</b>	HUMMUS WRAP CANTALOUPE ORANGE JUICE YOGURT  <b>5</b>	SPINACH SALAD BLUEBERRY MUFFIN ORANGE PINEAPPLE JUICE FRESH FRUIT  <b>6</b>	TUNA SALAD PLATE 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT  <b>7</b>
EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATO WEDGES WITH DRESSING ORANGE JUICE FRESH FRUIT  <b>10</b>	SEAFOOD SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE MANDARIN & BANANA SALAD  <b>11</b>	HAM SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE-PINEAPPLE JUICE OATMEAL COOKIES  <b>12</b>	HARVEST VEGETARIAN PLATE STONEGROUND BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING  <b>13</b>	TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE SLICED TOMATOES WITH DRESSING CANTALOUPE  <b>14</b>
SNOBALL SALAD PLATE 9 GRAIN BREAD ORANGE JUICE LEMON PUDDING  <b>17</b>	CAESAR SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT  <b>18</b>	HAM & CHEESE SANDWICH ON RYE BREAD COLESLAW FRUITED GELATIN  <b>19</b>	SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGES WITH DRESSING CANTALOUPE  <b>20</b>	HUMMUS WRAP SLICED BEETS WITH DRESSING ORANGE PINEAPPLE JUICE PEARS  <b>21</b>
CHICKEN SALAD SANDWICH ON HONEY WHEATBERRY BREAD TOMATO WEDGES WITH DRESSING FAMOUS AMOS CHOCOLATE CHIP COOKIES ORANGE PINEAPPLE JUICE <b>24</b>	ROAST BEEF & CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE  <b>25</b>	EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT  <b>26</b>	CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT  <b>27</b>	SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING  <b>28</b>

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