

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

KATIE O'MARA, 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


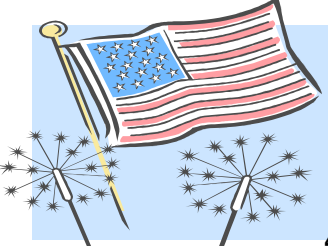
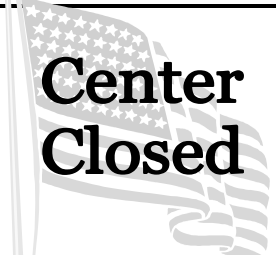





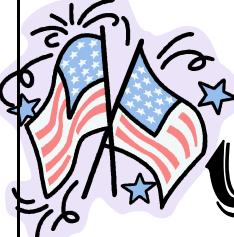
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>GRILLED SAUSAGE WITH PEPPERS & ONIONS OVER EGG NOODLES CARROTS & CAULIFLOWER SLICED PEACHES WITH RASPBERRIES</p> <p style="text-align: right;">1</p>	<p>BAKED FISH FILET WITH TARTAR SAUCE COLESLAW ROASTED RED POTATOES STONE GROUND WHEAT BREAD BANANA</p> <p style="text-align: right;">2</p>	<p>July 4th Celebration</p> <p>BBQ CHICKEN  BAKED BEANS POTATO SALAD ROLL BLUE, RED SHORTCAKE</p> <p style="text-align: right;">3</p>	<p></p> <p style="text-align: right;">4</p>	<p> Center Closed</p> <p style="text-align: right;">5</p>
<p>PARMESAN CHICKEN SPAGHETTI & SAUCE SPRING SALAD MIX WITH TOMATOES ORANGE JUICE AMBROSIA</p> <p style="text-align: right;">8</p>	<p>HOMESTYLE MEATLOAF WITH MUSHROOM GRAVY WHIPPED POTATOES SUCCOTASH TAPIOCA PUDDING</p> <p style="text-align: right;">9</p>	<p>TERIYAKI MEATBALL RICE BOWL WITH BROCCOLI & CARROTS MANDARIN & BANANA SALAD</p> <p style="text-align: right;">10</p>	<p>LENTIL SOUP TURKEY SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD FRESH ORANGE OATMEAL COOKIES </p> <p style="text-align: right;">11</p>	<p>BBQ CHICKEN THIGHS CHUCKWAGON CORN TOMATO AND GREEN BEAN SALAD 1/2 SLICE STONE GROUND WHEAT BREAD BANANA CAKE</p> <p style="text-align: right;">12</p>
<p>FISH FILET IN A CREAMY DILL SAUCE LONG GRAIN BROWN RICE BUTTERED CARROT COINS CAESAR SALAD WITH CROUTONS ORANGE JUICE FRUITY YOGURT</p> <p style="text-align: right;">15</p>	<p>SOUTHWESTERN CHICKEN CHILI WITH TOPPINGS GARDEN SALAD WITH DRESSING CORN MUFFIN NUTMEG CUSTARD</p> <p style="text-align: right;">16</p>	<p>BEEF STROGANOFF OVER EGG NOODLES BRUSSELS SPROUTS 1/2 SLICE WHOLE WHEAT BREAD CINNAMON APPLES</p> <p style="text-align: right;">17</p>	<p>BUTTERNUT SQUASH SOUP ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD BROCCOLI & CAULIFLOWER SALAD CHOCOLATE CHIP COOKIES </p> <p style="text-align: right;">18</p>	<p>Baseball Trivia  CHILI DOG ON BUN COLESLAW ICE CREAM CUP</p> <p style="text-align: right;">19</p>
<p>CHICKEN ENCHILADA CASSEROLE SPRING SALAD MIX WITH TOMATOES SPANISH RICE ORANGE JUICE FRUIT AMBROSIA</p> <p style="text-align: right;">22</p>	<p>BAKED ZITI WITH MEAT SAUCE SPINACH SALAD WITH CREAMY ITALIAN DRESSING ITALIAN BLEND VEGGIES SLICED APPLES</p> <p style="text-align: right;">23</p>	<p>HONEY MUSTARD CHICKEN BAKED TOMATO HALF ROASTED RED POTATOES 1/2 SLICE WHOLE WHEAT BREAD FRUITY RASPBERRY GELATIN</p> <p style="text-align: right;">24</p>	<p>HERB ROASTED PORK LOIN & GRAVY BAKED SWEET POTATO CAPRI BLEND VEGETABLES ORANGE JUICE 1/2 SLICE 9 GRAIN BREAD OATMEAL COOKIES</p> <p style="text-align: right;">25</p>	<p>Happy Birthday  CHAMPAGNE CHICKEN RICE PILAF BROCCOLI FLORETS SALAD WITH DRESSING ECLAIR</p> <p style="text-align: right;">26</p>
<p>TERIYAKI BEEF OVER BROWN RICE ASIAN STYLE VEGETABLES 1/2 SLICE WHEAT BREAD BUTTERSCOTCH PUDDING</p> <p style="text-align: right;">29</p>	<p>CHICKEN NOODLE SOUP TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD  TOMATO & GREEN BEAN SALAD ROCKY ROAD PUDDING</p> <p style="text-align: right;">30</p>	<p>BEEF STEW WITH POTATOES, CARROT, ONION & CELERY GARDEN SALAD WITH TOMATOES 1/2 SLICE WHEAT BREAD SLICED APPLES</p> <p style="text-align: right;">31</p>	<p> JULY 2019</p>	

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

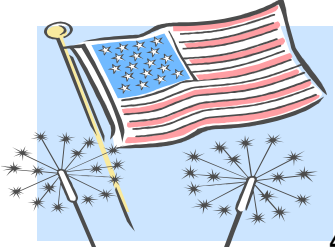
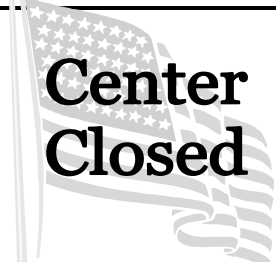
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>TUNA SALAD PLATE ORANGE JUICE ROLL GRANDMA'S OATMEAL RAISIN COOKIES</p> <p style="text-align: right;">1</p>	<p>HAM SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING FRESH ORANGE</p> <p style="text-align: right;">2</p>	<p>CHICKEN SALAD SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRUIT COCKTAIL</p> <p style="text-align: right;">3</p>	 <p style="text-align: right;">4</p>	 <p style="text-align: right;">5</p>
<p>HUMMUS WRAP CANTALOUPE ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES</p> <p style="text-align: right;">8</p>	<p>QUINOA SALAD PLATE BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;">9</p>	<p>HARVEST VEGETARIAN PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN</p> <p style="text-align: right;">10</p>	<p>CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">11</p>	<p>SUBMARINE SANDWICH ON FRENCH ROLL COLESLAW ORANGE PINEAPPLE JUICE CANTALOUPE</p> <p style="text-align: right;">12</p>
<p>ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;">15</p>	<p>TUNA SALAD PLATE CROISSANT ORANGE JUICE APPLESAUCE</p> <p style="text-align: right;">16</p>	<p>SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGE WITH DRESSING ORANGE JUICE CLEMANTINE VANILLA WAFER</p> <p style="text-align: right;">17</p>	<p>CHICKEN SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;">18</p>	<p>EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATOES WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">19</p>
<p>SPINACH SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;">22</p>	<p>GREEK LENTIL SALAD PITA BREAD ORANGE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">23</p>	<p>HAM SALAD SANDWICH ON RYE BREAD SLICED BEETS WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">24</p>	<p>TURKEY SANDWICH ON WHEATBERRY BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE MANDARIN ORANGES & BANANA</p> <p style="text-align: right;">25</p>	<p>ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BREAD COLESLAW ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;">26</p>
<p>TUNA SALAD PLATE WHOLE WHEAT BREAD ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES</p> <p style="text-align: right;">29</p>	<p>HARVEST VEGETARIAN PLATE WHEAT ROLL ORANGE PINEAPPLE JUICE TAPIOCA PUDDING</p> <p style="text-align: right;">30</p>	<p>TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH APPLE</p> <p style="text-align: right;">31</p>	