

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



August 2019



CHICKEN PARMIGIANA
ROTINI PASTA WITH
MARINARA SAUCE
ITALIAN BLEND VEGGIES
SPINACH SALAD
FRESH FRUIT

5

YANKEE POT ROAST
ROASTED RED POTATOES
CARROTS
WHOLE WHEAT ROLL
MANDARIN & BANANA
SALAD

6

**PULLED PORK BBQ
SANDWICH ON A BUN**
CORN & BLACK BEAN SALAD
COLESLAW
SEASONAL MELON

7

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

1

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

2

CHICKEN CURRY
BROWN RICE
GREEN BEANS
SPRING SALAD MIX WITH
DRESSING
FRESH ORANGE

12

CHEESEBURGER ON A BUN
WITH LETTUCE, TOMATO
COLESLAW
CORN AND RED PEPPER
CANTALOUPE

13

**FRENCH DIP WITH AU JUS
ON A HOAGIE ROLL**
BROCCOLI AND
CAULIFLOWER SALAD
ROASTED RED POTATOES
FRUITY YOGURT

14

CHICKEN TACO SALAD
WITH LETTUCE, TOMATO,
CHEDDAR CHEESE,
KIDNEY BEANS, SALSA,
AND TORTILLA CHIPS
MANDARIN & BANANA
SALAD

15

Western Day
BBQ RIBLET
POTATO O'BRIEN
CAPRI BLEND
WHOLE GRAIN BREAD
APPLE COBBLER



9

BBQ CHICKEN STRIPS
MACARONI & CHEESE
GREEN PEAS
GARDEN BLEND SALAD
WITH TOMATOES
ORANGE JUICE
VANILLA WAFERS

19

CHICKEN FAJITA BOWL
FRESH GARDEN SALAD
WITH TOMATOES
BANANA

20

**CREAMY ROSEMARY
CHICKEN**
CAESAR SALAD
ROASTED RED POTATOES
BROCCOLI FLORETS
ÉCLAIR

21

MEATBALL SANDWICH
TOSSED SALAD WITH
DRESSING
ORANGE JUICE
CINNAMON APPLES

22

Hawaiian Luau
SWEET AND SOUR CHICKEN
PINEAPPLE COLESLAW
BROWN RICE
ASIAN VEGETABLES
ORANGE COCONUT CAKE



16

BALSAMIC CHICKEN
BAKED SWEET POTATOES
CAPRI BLEND VEGETABLES
1/2 SLICE WHOLE WHEAT
BREAD
ORANGE JUICE
TAPIOCA PUDDING

26

**FISH TACOS WITH
CILANTRO LIME SAUCE
IN CORN TORTILLAS**
CABBAGE & CHOPPED
TOMATOES
CORN & BLACK BEAN SALAD
CLEMENTINE
VANILLA WAFERS

27

SPINACH CANNELLONI
TOSSED SALAD WITH
TOMATOES
1/2 SLICE WHOLE GRAIN
BREAD
FRESH FRUIT

28

SWISS STEAK & GRAVY
BAKED POTATO WITH
SOUR CREAM
CREAMED SPINACH
1/2 SLICE 9 GRAIN BREAD
SLICED PEACHES WITH
RASPBERRIES

29

Beach Day
**CHILI STUFFED BAKED
POTATO WITH CHEESE**
STEAMED BROCCOLI
CORN MUFFIN
FRUIT



23

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

B-day & Labor Day Celebration
BBQ CHICKEN
BAKED BEANS
POTATO SALAD
ROLL
RED, BLUE SHORTCAKE



30

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <h1 style="font-size: 48px; margin: 0;">August 2019</h1> 		<p>CHICKEN SALAD SANDWICH ON A CROISSANT GARDEN SALAD WITH DRESSING ORANGE JUICE APPLESAUCE</p> <p style="text-align: right;">1</p>	<p>HAM & CHEESE SANDWICH ON CANADIAN WHEAT BREAD TOMATOES/ WITH DRESSING ORANGE PINEAPPLE JUICE CANTALOUPE</p> <p style="text-align: right;">2</p>	
<p>HUMMUS WRAP CANTALOUPE ORANGE JUICE YOGURT</p> <p style="text-align: right;">5</p>	<p>TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE</p> <p style="text-align: right;">6</p>	<p>SPINACH SALAD BLUEBERRY MUFFIN ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;">7</p>	<p>TUNA SALAD PLATE 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;">8</p>	<p>GREEK LENTIL SALAD PITA BREAD ORANGE PINEAPPLE JUICE CHOCOLATE CAKE</p> <p style="text-align: right;">9</p>
<p>EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATO WEDGES WITH DRESSING ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;">12</p>	<p>TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE SLICED TOMATOES WITH DRESSING CANTALOUPE</p> <p style="text-align: right;">13</p>	<p>SEAFOOD SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE MANDARIN & BANANA SALAD</p> <p style="text-align: right;">14</p>	<p>HARVEST VEGETARIAN PLATE STONEGROUND BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">15</p>	<p>HAM SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE-PINEAPPLE JUICE OATMEAL COOKIES</p> <p style="text-align: right;">16</p>
<p>HUMMUS WRAP SLICED BEETS WITH DRESSING ORANGE PINEAPPLE JUICE PEARS</p> <p style="text-align: right;">19</p>	<p>SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGES WITH DRESSING CANTALOUPE</p> <p style="text-align: right;">20</p>	<p>HAM & CHEESE SANDWICH ON RYE BREAD COLESLAW FRUITED GELATIN</p> <p style="text-align: right;">21</p>	<p>CAESAR SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT</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>SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">26</p>	<p>EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;">27</p>	<p>ROAST BEEF & CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE</p> <p style="text-align: right;">28</p>	<p>CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT</p> <p style="text-align: right;">29</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;">30</p>

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL