

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

Grab & Go Menu

KATIE O'MARA, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$5.50
COST - 60 YEARS OR YOUNGER: \$7.50

AWSS RESERVES THE RIGHT TO MAKE
SUBSTITUTES WITHOUT NOTICE

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

December
2020

<p>December 2020</p>	<p>PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">1</p>	<p>TURKEY ALA KING PEAS CARROTS SUGAR COOKIES APPLESAUCE ORANGE JUICE</p>	<p>BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA WHEAT BREAD PINEAPPLE ORANGE JUICE</p> <p style="text-align: right;">3</p>	<p>MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES FRESH FRUIT ORANGE JUICE</p> <p style="text-align: right;">4</p>
<p>MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND PEARS WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">7</p>	<p>CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES CHOCOLATE PUDDING ORANGE JUICE</p> <p style="text-align: right;">8</p>	<p>SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES ORANGE JUICE</p> <p style="text-align: right;">9</p>	<p>BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES ORANGE JUICE</p> <p style="text-align: right;">10</p>	<p>MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT ORANGE JUICE</p> <p style="text-align: right;">11</p>
<p>TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING ORANGE JUICE</p> <p style="text-align: right;">14</p>	<p>TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT CHOCOLATE CHIP COOKIES ORANGE JUICE</p> <p style="text-align: right;">15</p>	<p>CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY WHEAT BREAD ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">16</p>	<p>ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">17</p>	<p>PORK IN SAVORY HARVEST SAUCE BROWN RICE PEAS POUND CAKE ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">18</p>
<p>CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES POUND CAKE ORANGE JUICE</p> <p style="text-align: right;">21</p>	<p>FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE ORANGE JUICE</p> <p style="text-align: right;">22</p>	<p>CHEESE CANNALONI GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL ORANGE JUICE</p> <p style="text-align: right;">23</p>	<p>CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES ORANGE JUICE</p> <p style="text-align: right;">24</p>	<p style="text-align: center;"></p> <p style="text-align: right;">25</p>
<p>CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN TAPIOCA PUDDING ORANGE JUICE</p> <p style="text-align: right;">28</p>	<p>HONEY MUSTARD HAM SWEET POTATOES FRENCH CUT GREEN BEANS APPLE SAUCE WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">29</p>	<p>CHICKEN CHOW MEIN OVER BROWN RICE GREEN PEAS CORN OATMEAL COOKIES ORANGE JUICE</p> <p style="text-align: right;">30</p>	<p>TERIYAKI CHICKEN OVER RICE CREAMED CORN GREEN PEAS POUND CAKE ORANGE JUICE</p> <p style="text-align: right;">31</p>	<p style="text-align: center;"></p>

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY **PORK = PORK

1% MILK OFFERED AT EACH MEAL