

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

<h1>December 2020</h1>	<p>SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING</p> <p style="text-align: right;">1</p>	<p>BARBEQUE CHICKEN BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING TURKEY ALA KING PEAS CARROTS SUGAR COOKIES APPLESAUCE</p> <p style="text-align: right;">2</p>	<p>CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA</p> <p style="text-align: right;">3</p>	<p>POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES FRESH FRUIT</p> <p style="text-align: right;">4</p>	
	<p>SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND PEARS</p> <p style="text-align: right;">7</p>	<p>FISH FILET IN LEMON SAUCE BROWN RICE CARROTS ORANGE JUICE CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES FRESH FRUIT CHOCOLATE PUDDING</p> <p style="text-align: right;">8</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;">9</p>	<p>TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES</p> <p style="text-align: right;">10</p>	<p>TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD</p> <p style="text-align: right;">11</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;">14</p>	<p>SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">15</p>	<p>GLAZED HAM SWEET POTATOES LIMA BEANS CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY ORANGE PINEAPPLE JUICE GRAHAM CRACKERS POUND CAKE</p> <p style="text-align: right;">16</p>	<p>BAKED CHICKEN SCALLOPED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;">17</p>	<p>SPAGHETTI & MEATBALLS CORN ITALIAN BLEND PORK IN SAVORY HARVEST SAUCE BROWN RICE PEAS POUND CAKE ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">18</p>
	<p>BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE</p> <p style="text-align: right;">21</p>	<p>MACARONI & CHEESE BROCCOLI BAKED TOMATO HALF FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE ORANGE JUICE</p> <p style="text-align: right;">22</p>	<p>BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL</p> <p style="text-align: right;">23</p>	<p>ROAST TURKEY & GRAVY STUFFING & MASHED POTATOES GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN</p> <p style="text-align: right;">24</p>	 <p style="text-align: right;">25</p>
	<p>SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN TAPIOCA PUDDING</p> <p style="text-align: right;">28</p>	<p>MEATLOAF & GRAVY BAKED POTATO CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES FRENCH CUT GREEN BEANS APPLE SAUCE ORANGE JUICE</p> <p style="text-align: right;">29</p>	<p>LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS CHICKEN CHOW MEIN OVER BROWN RICE GREEN PEAS CORN OATMEAL COOKIES WHEAT BREAD</p> <p style="text-align: right;">30</p>	<p>TURKEY HAM WITH PINEAPPLE GLAZE SAUCE SWEET POTATOES GREEN BEANS TERIYAKI CHICKEN OVER RICE CREAMED CORN & GREEN PEAS WHOLE WHEAT BREAD POUND CAKE</p> <p style="text-align: right;">31</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>December 2020</p>	<p>FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">1</p>	<p>ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">2</p>	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">3</p>	<p>APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">4</p>	
	<p>ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">7</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">8</p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;">9</p>	<p>ORANGE JUICE BANANA BRAN FLAKES LOW FAT MILK</p> <p style="text-align: right;">10</p>	<p>ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">11</p>
	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">14</p>	<p>ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK</p> <p style="text-align: right;">15</p>	<p>ORANGE PINEAPPLE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">16</p>	<p>BANANA TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;">17</p>	<p>FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">18</p>
	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">21</p>	<p>ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">22</p>	<p>ORANGE PINEAPPLE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;">23</p>	<p>ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">24</p>	<p style="text-align: center;"></p> <p style="text-align: right;">25</p>
	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">28</p>	<p>BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">29</p>	<p>FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">30</p>	<p>ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">31</p>	<p style="text-align: center;"></p>