

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

Age Well[®] Senior Services

Home Delivered Menu

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

DONATION: \$9.00

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

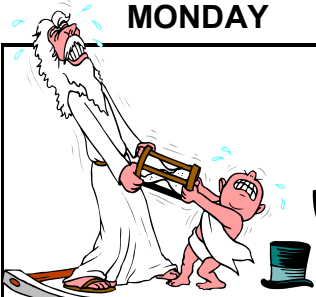
MONDAY

TUESDAY

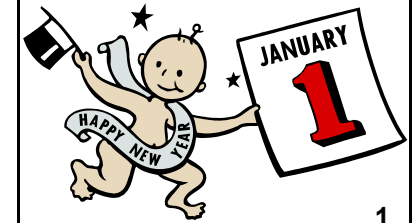
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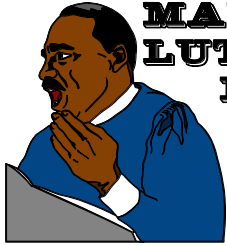
THURSDAY

FRIDAY



January 2021



<p>BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING</p> <p style="text-align: right;">4</p>	<p>TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES BROCCOLI CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN ORANGE JUICE AMBROSIA</p> <p style="text-align: right;">5</p>	<p>BARBEQUE BEEF BAKED BEANS BAKED POTATO SPINACH LASAGNA CARROTS ZUCCHINI ORANGE PINEAPPLE JUICE FRUIT COCKTAIL</p> <p style="text-align: right;">6</p>	<p>CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE CARROTS GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES</p> <p style="text-align: right;">7</p>	<p>CHICKEN PARMESAN SPAGHETTI & SAUCE SPINACH BEEF STROGANOFF OVER NOODLES CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">8</p>
<p>SLICED TURKEY & GRAVY MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE ORANGE JUICE</p> <p style="text-align: right;">11</p>	<p>CHICKEN MARSALA BROWN RICE BRUSSELS SPROUTS OVEN BAKED TOMATO HALF SALISBURY STEAK WITH GRAVY CARROTS PEAS OATMEAL COOKIES APPLESAUCE</p> <p style="text-align: right;">12</p>	<p>SPINACH CANNELLONI CORN CALIFORNIA BLEND TURKEY ENCHILADA CASSEROLE CARROTS AND PEAS GREEN BEANS WHEAT BREAD FRESH FRUIT POUND CAKE</p> <p style="text-align: right;">13</p>	<p>BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING</p> <p style="text-align: right;">14</p>	<p>ROTINI & MEAT SAUCE ITALIAN GREEN BEANS HARVARD BEETS BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS</p> <p style="text-align: right;">15</p>
 <p>MARTIN LUTHER KING DAY</p> <p style="text-align: right;">18</p>	<p>MEATLOAF & MUSHROOM GRAVY ITALIAN BLEND VEGETABLES BAKED POTATO SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES ORANGE JUICE OATMEAL COOKIES</p> <p style="text-align: right;">19</p>	<p>TUNA CASSEROLE GREEN PEAS HARVARD BEETS CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA POUND CAKE WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">20</p>	<p>BAKED CHICKEN SCALLOPED POTATOES GREEN BEANS FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI ORANGE JUICE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">21</p>	<p>CHILI OVER RICE BAKED TOMATO HALF CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI MIXED FRUIT</p> <p style="text-align: right;">22</p>
<p>CHICKEN PARMIGIANA SPAGHETTI & SAUCE SPINACH BEEF STROGANOFF WITH EGG NOODLES CARROTS PEAS APPLES VANILLA PUDDING</p> <p style="text-align: right;">25</p>	<p>SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">26</p>	<p>BREADED CHICKEN PATTY & GRAVY CARROTS BROCCOLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE</p> <p style="text-align: right;">27</p>	<p>ROAST BEEF & GRAVY MASHED POTATOES CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI GRAHAM CRACKERS MELON</p> <p style="text-align: right;">28</p>	<p>FISH FILET IN DILL SAUCE BROWN RICE CREAMED SPINACH SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING</p> <p style="text-align: right;">29</p>

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

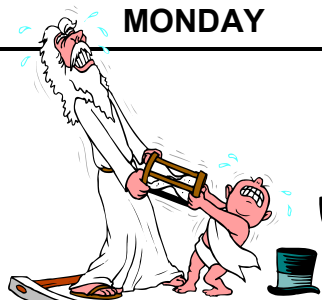
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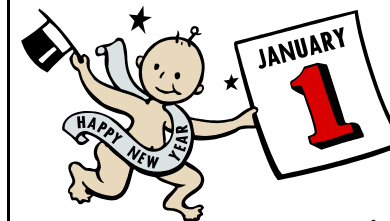
WEDNESDAY

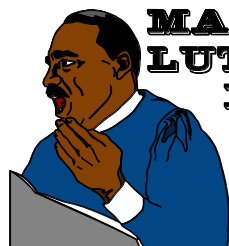
THURSDAY

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<p>ORANGE PINEAPPLE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">4</p>	<p>BANANA BRAN FLAKES YOGURT LOW FAT MILK</p> <p style="text-align: right;">5</p>	<p>FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">6</p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;">7</p>	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">8</p>
<p>SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK</p> <p style="text-align: right;">11</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">12</p>	<p>ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">13</p>	<p>FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">14</p>	<p>ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK</p> <p style="text-align: right;">15</p>
 <p>MARTIN LUTHER KING DAY</p> <p style="text-align: right;">18</p>	<p>FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">19</p>	<p>PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">20</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 FRUITED YOGURT LOW FAT MILK</p> <p style="text-align: right;">22</p>
<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">25</p>	<p>BANANA BRAN FLAKES BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">26</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">27</p>	<p>PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">28</p>	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">29</p>