

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

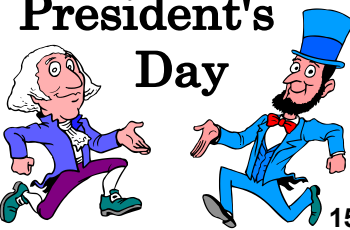
MONDAY

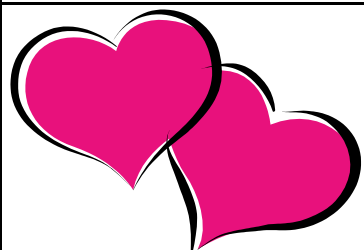
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BEEF STROGANOFF WITH EGG NOODLES CARROTS PEAS VANILLA PUDDING ORANGE JUICE 1	CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS APPLESAUCE CHOCOLATE CHIP COOKIES ORANGE JUICE 2	MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE ORANGE JUICE 3	SPINACH LASAGNA CARROTS ZUCCHINI GRAHAM CRACKERS MELON 4	SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING 5
PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING WHEAT BREAD ORANGE JUICE 8	TURKEY ALA KING PEAS CARROTS SUGAR COOKIES APPLESAUCE ORANGE JUICE 9	BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA WHEAT BREAD PINEAPPLE ORANGE JUICE 10	MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES FRESH FRUIT ORANGE JUICE 11	BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT ORANGE JUICE 12
President's Day  15	CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES CHOCOLATE PUDDING ORANGE JUICE 16	SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES ORANGE JUICE 17	BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES ORANGE JUICE 18	MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT ORANGE JUICE 19
TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING ORANGE JUICE 22	TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT CHOCOLATE CHIP COOKIES ORANGE JUICE 23	CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY WHEAT BREAD ORANGE PINEAPPLE JUICE 24	ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE CHOCOLATE PUDDING 25	PORK IN SAVORY HARVEST SAUCE BROWN RICE PEAS POUND CAKE ORANGE PINEAPPLE JUICE 26



February 2021



*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OFFERED AT EACH MEAL