

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

# Age Well<sup>®</sup> 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

## WEDNESDAY

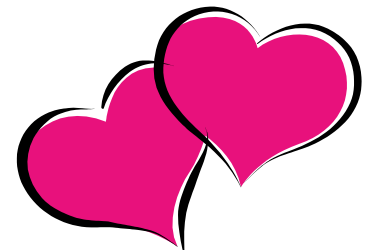
## THURSDAY

## FRIDAY

|  |  |  |   |   |
|--|--|--|---|---|
| <p><b>CHICKEN PARMIGIANA</b><br/>SPAGHETTI &amp; SAUCE<br/>SPINACH<br/><b>BEEF STROGANOFF WITH EGG NOODLES</b><br/>CARROTS<br/>PEAS<br/>APPLES<br/>VANILLA PUDDING</p> <p style="text-align: right;">1</p>         | <p><b>SALISBURY STEAK &amp; GRAVY</b><br/>BAKED POTATO<br/>HARVARD BEETS<br/><b>CHEESE CANNELLONI</b><br/>GREEN BEANS<br/>PEAS &amp; CARROTS<br/>WHEAT BREAD<br/>APPLESAUCE<br/>CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">2</p> | <p><b>BREADED CHICKEN PATTY &amp; GRAVY</b><br/>CARROTS<br/>BROCCOLI<br/><b>MACARONI, CHEESE &amp; HAM</b><br/>CREAMED SPINACH<br/>CORN<br/>APPLESAUCE</p> <p style="text-align: right;">3</p>   | <p><b>ROAST BEEF &amp; GRAVY</b><br/>MASHED POTATOES<br/>CHUCKWAGON CORN<br/><b>SPINACH LASAGNA</b><br/>CARROTS<br/>ZUCCHINI<br/>GRAHAM CRACKERS<br/>MELON</p> <p style="text-align: right;">4</p>                      | <p><b>FISH FILET IN DILL SAUCE</b><br/>BROWN RICE<br/>CREAMED SPINACH<br/><b>SWEDISH MEATBALLS OVER EGG NOODLES</b><br/>MIXED VEGETABLES<br/>PEAS<br/>OATMEAL COOKIES<br/>TAPIOCA PUDDING</p> <p style="text-align: right;">5</p> |
| <p><b>SPAGHETTI &amp; MEATBALLS</b><br/>BROCCOLI<br/>ITALIAN BLEND VEGETABLES<br/><b>PINEAPPLE GLAZED HAM</b><br/>MASHED POTATOES<br/>GREEN BEANS<br/>VANILLA PUDDING</p> <p style="text-align: right;">8</p>      | <p><b>BARBEQUE CHICKEN</b><br/>BAKED SWEET POTATO<br/>SUCCOTASH<br/>TOSSED SALAD WITH DRESSING<br/><b>TURKEY ALA KING</b><br/>PEAS<br/>CARROTS<br/>SUGAR COOKIES<br/>APPLESAUCE</p> <p style="text-align: right;">9</p>                        | <p><b>CANNELLONI</b><br/>ITALIAN GREEN BEANS<br/>BUTTERED CARROT COINS<br/><b>BREADED FISH FILETS</b><br/>CUBED POTATOES<br/>MIXED VEGETABLES<br/>BANANA</p> <p style="text-align: right;">10</p>  | <p><b>POLISH SAUSAGE</b><br/>COUNTRY STYLE HASH BROWNS<br/>SAUERKRAUT<br/>ORANGE JUICE<br/><b>MACARONI SHELLS WITH MEAT SAUCE</b><br/>ITALIAN BLEND VEGETABLES<br/>FRESH FRUIT</p> <p style="text-align: right;">11</p> | <p><b>SALISBURY STEAK &amp; GRAVY</b><br/>BAKED POTATO<br/>HARVARD BEETS<br/><b>BAKED CHICKEN OVER RICE</b><br/>MASHED POTATOES<br/>BROCCOLI<br/>GRAHAM CRACKERS<br/>FRESH FRUIT</p> <p style="text-align: right;">12</p>         |
| <p><b>President's Day</b></p>  <p style="text-align: right;">15</p>   | <p><b>FISH FILET IN LEMON SAUCE</b><br/>BROWN RICE<br/>CARROTS<br/>ORANGE JUICE<br/><b>CHEESE LASAGNA</b><br/>GREEN BEANS<br/>MIXED VEGETABLES<br/>FRESH FRUIT<br/>CHOCOLATE PUDDING</p> <p style="text-align: right;">16</p>                  | <p><b>MACARONI, HAM &amp; CHEESE</b><br/>SPINACH<br/>BAKED TOMATO HALF<br/><b>SWEDISH MEATBALLS OVER EGG NOODLES</b><br/>MIXED VEGETABLES<br/>PEAS<br/>OATMEAL COOKIES</p> <p style="text-align: right;">17</p>                                | <p><b>TURKEY ENCHILADA</b><br/>CHUCKWAGON CORN<br/>BROWN RICE<br/><b>BAKED CHICKEN OVER BROWN RICE</b><br/>MASHED POTATOES<br/>BROCCOLI<br/>WHEAT BREAD<br/>PEACHES</p> <p style="text-align: right;">18</p>            | <p><b>TURKEY MEATLOAF WITH TOMATO SAUCE</b><br/>MASHED POTATOES<br/>BROCCOLI<br/><b>MACARONI AND CHEESE</b><br/>SPINACH<br/>CORN<br/>POUND CAKE<br/>FRESH FRUIT<br/>WHEAT BREAD</p> <p style="text-align: right;">19</p>          |
| <p><b>PORK RIBLET</b><br/>POTATOES O'BRIEN<br/>MIXED VEGETABLES<br/><b>TERIYAKI MEATBALLS OVER RICE</b><br/>GREEN BEANS<br/>CARROTS<br/>WHEAT BREAD<br/>CHOCOLATE PUDDING</p> <p style="text-align: right;">22</p> | <p><b>SWISS STEAK AND GRAVY</b><br/>MASHED POTATOES<br/>CAPRI BLEND VEGETABLES<br/><b>TUNA NOODLE CASSEROLE</b><br/>PEAS<br/>CREAMED CORN<br/>WHEAT BREAD<br/>FRESH FRUIT<br/>CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">23</p>  | <p><b>GLAZED HAM</b><br/>SWEET POTATOES<br/>LIMA BEANS<br/><b>CHICKEN FAJITAS</b><br/>PEPPERS &amp; ONIONS<br/>BROCCOLI<br/>APPLE BETTY<br/>ORANGE PINEAPPLE JUICE<br/>GRAHAM CRACKERS<br/>POUND CAKE</p> <p style="text-align: right;">24</p> | <p><b>BAKED CHICKEN</b><br/>SCALLOPED POTATOES<br/>CARROTS<br/><b>ROTINI IN MEAT SAUCE</b><br/>MIXED VEGETABLES<br/>ITALIAN GREEN BEANS<br/>ORANGE JUICE<br/>CHOCOLATE PUDDING</p> <p style="text-align: right;">25</p> | <p><b>SPAGHETTI &amp; MEATBALLS</b><br/>CORN<br/>ITALIAN BLEND<br/><b>PORK IN SAVORY HARVEST SAUCE</b><br/>BROWN RICE<br/>PEAS<br/>POUND CAKE<br/>ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;">26</p>                 |



# February 2021



\*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

\*\*PORK = PORK

1% MILK OFFERED AT EACH MEAL

**Home Delivered  
Breakfast**

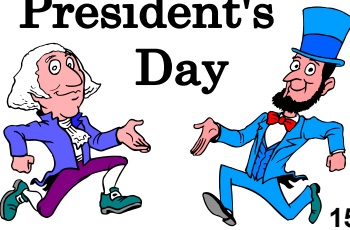
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|  |   |   |  |   |
|--|---|---|--|---|
| ORANGE JUICE<br>OATMEAL<br>ALMONDS AND RAISINS<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>1</b>                                 | BANANA<br>BRAN FLAKES<br>BREAD FOR TOAST (2)<br>MARGARINE (2)<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>2</b>       | FRESH FRUIT<br>1/2 BAGEL<br>PEANUT BUTTER<br>JELLY<br>MARGARINE<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>3</b>             | PEACHES<br>FRENCH TOAST<br>SYRUP<br>MARGARINE (2)<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>4</b>          | ORANGE JUICE<br>OATMEAL<br>ALMONDS AND RAISINS<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>5</b>  |
| FRESH FRUIT<br>SCRAMBLED EGGS<br>BREAD FOR TOAST (2)<br>JELLY<br>MARGARINE (2)<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>8</b> | ORANGE JUICE<br>FROSTED MINI-WHEATS<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>9</b> | ORANGE JUICE<br>OATMEAL<br>ALMONDS AND RAISINS<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>10</b>                             | APPLESAUCE<br>RAISIN BRAN<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>11</b> | ORANGE JUICE<br>WAFFLES<br>SYRUP<br>MARGARINE (2)<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>12</b>                              |
| <p><b>President's<br/>Day</b></p>  <p><b>15</b></p>           | FRESH FRUIT<br>1/2 BAGEL<br>PEANUT BUTTER<br>JELLY<br>MARGARINE<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>16</b>    | ORANGE JUICE<br>TOASTED OATS<br>YOGURT<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>17</b>                                     | ORANGE JUICE<br>BANANA<br>BRAN FLAKES<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>18</b>                     | ORANGE JUICE<br>FROSTED MINI-WHEATS<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>19</b>            |
| ORANGE JUICE<br>OATMEAL<br>ALMONDS AND RAISINS<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>22</b>                                | ORANGE JUICE<br>RAISIN BRAN<br>BANANA<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>23</b>                              | ORANGE PINEAPPLE JUICE<br>1/2 BAGEL<br>PEANUT BUTTER<br>JELLY<br>MARGARINE<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>24</b> | BANANA<br>TOASTED OATS<br>YOGURT<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>25</b>                          | FRESH FRUIT<br>SCRAMBLED EGGS<br>BREAD FOR TOAST (2)<br>JELLY<br>MARGARINE (2)<br>LOW FAT MILK<br><br><br><br><br><br><br><br><br><br><b>26</b> |



**February 2021**

