

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 n 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

# April 2021



<b>BEEF STROGANOFF WITH EGG NOODLES</b> CARROTS PEAS VANILLA PUDDING ORANGE JUICE <p style="text-align: right;">1</p>		<b>CHEESE CANNELLONI</b> GREEN BEANS PEAS & CARROTS APPLESAUCE CHOCOLATE CHIP COOKIES ORANGE JUICE <p style="text-align: right;">2</p>		
<b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS VANILLA PUDDING WHEAT BREAD ORANGE JUICE <p style="text-align: right;">5</p>	<b>TURKEY ALA KING</b> PEAS CARROTS SUGAR COOKIES APPLESAUCE ORANGE JUICE <p style="text-align: right;">6</p>	<b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES BANANA WHEAT BREAD PINEAPPLE ORANGE JUICE <p style="text-align: right;">7</p>	<b>MACARONI SHELLS WITH MEAT SAUCE</b> ITALIAN BLEND VEGETABLES FRESH FRUIT ORANGE JUICE <p style="text-align: right;">8</p>	<b>BAKED CHICKEN OVER RICE</b> MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT ORANGE JUICE <p style="text-align: right;">9</p>
<b>MEATLOAF WITH BROWN GRAVY</b> MASHED POTATOES CALIFORNIA BLEND PEARS WHEAT BREAD ORANGE JUICE <p style="text-align: right;">12</p>	<b>CHEESE LASAGNA</b> GREEN BEANS MIXED VEGETABLES CHOCOLATE PUDDING ORANGE JUICE <p style="text-align: right;">13</p>	<b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS OATMEAL COOKIES ORANGE JUICE <p style="text-align: right;">14</p>	<b>BAKED CHICKEN OVER BROWN RICE</b> MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES ORANGE JUICE <p style="text-align: right;">15</p>	<b>MACARONI AND CHEESE</b> SPINACH CORN POUND CAKE FRESH FRUIT ORANGE JUICE <p style="text-align: right;">16</p>
<b>TERIYAKI MEATBALLS OVER RICE</b> GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING ORANGE JUICE <p style="text-align: right;">19</p>	<b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN FRESH FRUIT CHOCOLATE CHIP COOKIES ORANGE JUICE <p style="text-align: right;">20</p>	<b>CHICKEN FAJITAS</b> PEPPERS & ONIONS BROCCOLI APPLE BETTY WHEAT BREAD ORANGE PINEAPPLE JUICE <p style="text-align: right;">21</p>	<b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE CHOCOLATE PUDDING <p style="text-align: right;">22</p>	<b>PORK IN SAVORY HARVEST SAUCE</b> BROWN RICE PEAS POUND CAKE ORANGE PINEAPPLE JUICE <p style="text-align: right;">23</p>
<b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES POUND CAKE ORANGE JUICE <p style="text-align: right;">26</p>	<b>FISH STICKS</b> MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE ORANGE JUICE <p style="text-align: right;">27</p>	<b>CHEESE CANNALONI</b> GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL ORANGE JUICE <p style="text-align: right;">28</p>	<b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES ORANGE JUICE <p style="text-align: right;">29</p>	<b>CHILI</b> GREEN PEAS CORN & CARROTS WHEAT BREAD CHOCOLATE CHIP COOKIES ORANGE JUICE <p style="text-align: right;">30</p>

\*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OFFERED AT EACH MEAL