

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

CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES POUND CAKE ORANGE JUICE 1	FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE ORANGE JUICE 2	CHEESE CANNALONI GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL ORANGE JUICE 3	CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES ORANGE JUICE 4	CHILI GREEN PEAS CORN & CARROTS WHEAT BREAD CHOCOLATE CHIP COOKIES ORANGE JUICE 5
CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN TAPIOCA PUDDING ORANGE JUICE 8	HONEY MUSTARD HAM SWEET POTATOES FRENCH CUT GREEN BEANS APPLE SAUCE WHEAT BREAD ORANGE JUICE 9	CHICKEN CHOW MEIN OVER BROWN RICE GREEN PEAS CORN OATMEAL COOKIES ORANGE JUICE 10	TERIYAKI CHICKEN OVER RICE CREAMED CORN GREEN PEAS POUND CAKE ORANGE JUICE 11	CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES CHOCOLATE CHIP COOKIES ORANGE JUICE 12
MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING ORANGE JUICE 15	CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN ORANGE JUICE AMBROSIA 16	SPINACH LASAGNA CARROTS ZUCCHINI ORANGE PINEAPPLE JUICE FRUIT COCKTAIL 17	MEATLOAF & TOMATO SAUCE GREEN BEANS CARROTS WHOLE WHEAT BREAD OATMEAL COOKIES ORANGE JUICE 18	BEEF STROGANOFF OVER NOODLES CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES ORANGE JUICE 19
MACARONI AND CHEESE SPINACH CORN POUND CAKE ORANGE JUICE 22	SALISBURY STEAK WITH GRAVY CARROTS PEAS OATMEAL COOKIES WHEAT BREAD ORANGE JUICE 23	TURKEY ENCHILADA CASSEROLE GREEN BEANS* PEAS* CARROTS WHEAT BREAD FRESH FRUIT ORANGE JUICE 24	TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING ORANGE JUICE 25	BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS ORANGE JUICE 26
CHICKEN FAJITAS WITH PEPPERS & ONIONS BROCCOLI HOT APPLE BETTY CHOCOLATE CHIP COOKIES WHEAT BREAD ORANGE JUICE 29	SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES OATMEAL COOKIES WHEAT BREAD ORANGE JUICE 30	CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN POUND CAKE WHEAT BREAD ORANGE JUICE 31	 <h1 style="font-size: 4em; margin: 0;">March</h1> <h1 style="font-size: 4em; margin: 0;">2021</h1>	

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY **PORK =

PORK

1% MILK OFFERED AT