

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



A NONPROFIT SERVING ORANGE COUNTY'S SENIORS

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

SEPTEMBER 2021

SPINACH LASAGNA
CARROTS
ZUCCHINI
ORANGE JUICE
FRUIT COCKTAIL

1

MEATLOAF & TOMATO SAUCE
GREEN BEANS
CARROTS
WHOLE WHEAT BREAD
OATMEAL COOKIES
ORANGE JUICE

2

BEEF STROGANOFF OVER NOODLES
CARROTS
GREEN BEANS
FRESH FRUIT
ORANGE JUICE

3

Labor Day

6

SALISBURY STEAK WITH GRAVY
CARROTS
PEAS
OATMEAL COOKIES
WHEAT BREAD
ORANGE JUICE

7

TURKEY ENCHILADA CASSEROLE
GREEN BEANS* PEAS*
CARROTS
WHEAT BREAD
FRESH FRUIT
ORANGE JUICE

8

TERIYAKI CHICKEN OVER RICE
PEAS
ASIAN VEGETABLES
CHOCOLATE PUDDING
ORANGE JUICE

9

BBQ PORK RIBLET
MASHED POTATOES
SPINACH
GRAHAM CRACKERS
ORANGE JUICE

10

MACARONI, CHEESE & HAM
CREAMED SPINACH
CORN
CHOCOLATE CHIP COOKIES
WHEAT BREAD
ORANGE JUICE

13

SCRAMBLED EGGS WITH HAM
HASH BROWN POTATOES
CINNAMON APPLES
OATMEAL COOKIES
WHEAT BREAD
ORANGE JUICE

14

CHICKEN CORDON BLEU
BROWN RICE
CALIFORNIA BLEND
VEGETABLES
CORN
SUGAR COOKIES
ORANGE JUICE

15

FISH WITH MEXICANA SAUCE OVER RICE
CORN
ZUCCHINI
CHOCOLATE CHIP COOKIES
ORANGE JUICE

16

SPINACH LASAGNA
CARROTS
ZUCCHINI
VANILLA PUDDING
ORANGE JUICE

17

BEEF STROGANOFF WITH EGG NOODLES
CARROTS
PEAS
VANILLA PUDDING
ORANGE JUICE

20

CHEESE CANNELLONI
GREEN BEANS
PEAS & CARROTS
APPLESAUCE
ORANGE JUICE

21

MACARONI, CHEESE & HAM
CREAMED SPINACH
CORN
APPLESAUCE
ORANGE JUICE

22

SPINACH LASAGNA
CARROTS
ZUCCHINI
FRESH ORANGE

23

SWEDISH MEATBALLS OVER EGG NOODLES
MIXED VEGETABLES
PEAS
OATMEAL COOKIES
ORANGE JUICE

24

PINEAPPLE GLAZED HAM
MASHED POTATOES
GREEN BEANS
VANILLA PUDDING
WHEAT BREAD
ORANGE JUICE

27

TURKEY ALA KING
PEAS
CARROTS
SUGAR COOKIES
ORANGE JUICE

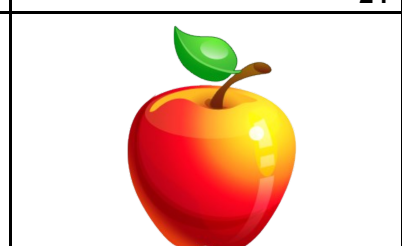
28

BREADED FISH FILETS
CUBED POTATOES
MIXED VEGETABLES
BANANA
WHEAT BREAD
ORANGE JUICE

29

MACARONI SHELLS WITH MEAT SAUCE
ITALIAN BLEND
VEGETABLES
FRESH FRUIT
ORANGE JUICE

30



*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OFFERED AT EACH MEAL