

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



# OCTOBER 2021



<b>MACARONI AND CHEESE</b> SPINACH CORN FRESH FRUIT ORANGE JUICE  <b>1</b>				
<b>TERIYAKI MEATBALLS OVER RICE</b> GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING ORANGE JUICE  <b>4</b>	<b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN FRESH FRUIT ORANGE JUICE  <b>5</b>	<b>TURKEY ALA KING</b> PEAS CARROTS GRAHAM CRACKERS WHEAT BREAD ORANGE JUICE  <b>6</b>	<b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING ORANGE JUICE  <b>7</b>	<b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN POUND CAKE ORANGEJUICE  <b>8</b>
<b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES CHOCOLATE CHIP COOKIES ORANGE JUICE  <b>11</b>	<b>FISH STICKS</b> MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE ORANGE JUICE  <b>12</b>	<b>CHEESE CANNALONI</b> GREEN BEANS PEAS AND CORN OATMEAL COOKIES ORANGE JUICE  <b>13</b>	<b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS SUGAR COOKIES ORANGE JUICE  <b>14</b>	<b>CHILI</b> GREEN PEAS CORN & CARROTS WHEAT BREAD CHOCOLATE CHIP COOKIES ORANGE JUICE  <b>15</b>
<b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH TAPIOCA PUDDING ORANGE JUICE  <b>18</b>	<b>HONEY MUSTARD HAM</b> SWEET POTATOES FRENCH CUT GREEN BEANS APPLE SAUCE WHEAT BREAD ORANGE JUICE  <b>19</b>	<b>SPINACH LASAGNA</b> CARROTS ZUCCHINI OATMEAL COOKIES ORANGE JUICE  <b>20</b>	<b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN FRESH ORANGE  <b>21</b>	<b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES CHOCOLATE CHIP COOKIES ORANGE JUICE  <b>22</b>
<b>MACARONI SHELLS IN MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING ORANGE JUICE  <b>25</b>	<b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES CORN FRESH ORANGE  <b>26</b>	<b>SPINACH LASAGNA</b> CARROTS ZUCCHINI FRUIT COCKTAIL ORANGE JUICE  <b>27</b>	<b>MEATLOAF &amp; TOMATO SAUCE</b> GREEN BEANS CARROTS WHOLE WHEAT BREAD OATMEAL COOKIES ORANGE JUICE  <b>28</b>	<b>BEEF STROGANOFF OVER NOODLES</b> CARROTS GREEN BEANS FRESH FRUIT ORANGE JUICE  <b>29</b>

\*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OFFERED AT EACH MEAL