

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)



Home Delivered Menu

KATIE O'MARA, M.S., R.D.

DONATION: \$9.00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<h1>December 2021</h1>									
				GLAZED HAM SWEET POTATOES LIMA BEANS TURKEY ALA KING PEAS CARROTS GRAHAM CRACKERS		SPAGHETTI & MEATBALLS CORN ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN		BAKED CHICKEN SCALLOPED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING ORANGE JUICE	
				1		2		3	
BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS CHOCOLATE CHIP COOKIES		MACARONI & CHEESE BROCCOLI BAKED TOMATO HALF FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE		BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL		ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS SUGAR COOKIES		CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS CHOCOLATE CHIP COOKIES	
6		7		8		9		10	
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES BBQ PORK RIBLET MASHED POTATOES SPINACH POUND CAKE		MEATLOAF & GRAVY BAKED POTATO CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES CUT CORN APPLE SAUCE		LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SPINACH LASAGNA CARROTS ZUCCHINI OATMEAL COOKIES		POLISH SAUSAGE BAKED TOMATO COUNTRY STYLE HASH BROWNS TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT ORANGE JUICE		ROAST TURKEY & GRAVY STUFFING/YAMS GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES CHOCOLATE CHIP COOKIES	
13		14		15		16		17	
BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING		TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES BROCCOLI CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN		BARBEQUE BEEF BAKED BEANS BAKED POTATO SPINACH LASAGNA CARROTS ZUCCHINI FRUIT COCKTAIL		CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES		HAPPY HOLIDAYS 	
20		21		22		23		24	
SPINACH CANNELLONI CORN CALIFORNIA BLEND TURKEY ENCHILADA CASSEROLE CARROTS AND PEAS GREEN BEANS WHEAT BREAD FRESH ORANGE TAPIOCA PUDDING		BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING		ROTINI & MEAT SAUCE ITALIAN GREEN BEANS HARVARD BEETS BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS		SLICED TURKEY & GRAVY MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN FRESH ORANGE POUND CAKE		HAPPY NEW YEAR 	
27		28		29		30		31	

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

Home Delivered Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

December 2021

		ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK	BANANA TOASTED OATS YOGURT LOW FAT MILK
		1	2	3
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK
6	7	8	9	10
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK
13	14	15	16	17
ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK	BANANA BRAN FLAKES YOGURT LOW FAT MILK	FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	<p>HAPPY HOLIDAYS</p> 
20	21	22	23	24
WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK	SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK	<p>HAPPY NEW YEAR</p> 
27	28	29	30	31