

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

# Lunch 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

# December 2021

**BEEF STEAK W/ ONION GRAVY**  
MASHED POTATOES  
GREEN BEANS  
CHOCOLATE CHIP COOKIES

6

**MACARONI & CHEESE**  
BROCCOLI  
BAKED TOMATO HALF WHEAT BREAD  
APPLESAUCE

7

**BBQ BEEF**  
BAKED BEANS  
HASH BROWNS  
FRUIT COCKTAIL

8

**ROTINI IN A SAVORY MEAT SAUCE**  
ITALIAN BLEND  
VEGETABLES  
SPINACH  
SUGAR COOKIES

9

**Cookies & Carols**  
CHICKEN FETTUCCINI  
GREEN BEANS  
HARVARD BEETS  
CHOCOLATE CHIP COOKIES

10

**SWISS STEAK**  
MASHED POTATOES  
CAPRI BLEND VEGETABLES  
POUND CAKE

13

**MEATLOAF & GRAVY**  
BAKED POTATO  
CALIFORNIA BLEND VEGETABLES  
APPLE SAUCE

14

**LEMON ROSEMARY CHICKEN**  
CREAMED SPINACH  
BRUSSELS SPROUTS  
OATMEAL COOKIES

15

**POLISH SAUSAGE**  
BAKED TOMATO  
COUNTRY STYLE HASH BROWNS  
FRESH FRUIT  
ORANGE JUICE

16

**Christmas Lunch**  
ROAST TURKEY & GRAVY  
STUFFING/YAMS  
GREEN BEANS  
CRANBERRY SAUCE  
DINNER ROLL  
PUMPKIN PIE

17

**BARBEQUE CHICKEN**  
MASHED POTATOES  
CREAMED SPINACH  
VANILLA PUDDING

20

**TERIYAKI MEATBALLS OVER EGG NOODLES**  
MIXED VEGETABLES  
BROCCOLI

21

**BARBEQUE BEEF**  
BAKED BEANS  
BAKED POTATO  
FRUIT COCKTAIL

22

**CHICKEN PRIMAVERA CASSEROLE**  
ITALIAN BLEND  
VEGETABLES  
GREEN BEANS  
OATMEAL COOKIES

23

**HAPPY HOLIDAYS**

24

**SPINACH CANNELLONI**  
CORN  
CALIFORNIA BLEND  
FRESH ORANGE

27

**BEEF STEAK & ONION GRAVY**  
MASHED POTATOES  
CREAMED SPINACH  
CHOCOLATE PUDDING

28

**ROTINI & MEAT SAUCE**  
ITALIAN GREEN BEANS  
HARVARD BEETS  
FRESH FRUIT

29

**New Year's Eve Lunch**  
SLICED TURKEY AND GRAVY  
MASHED POTATOES  
BROCCOLI  
POUND CAKE

30

**HAPPY NEW YEAR**

31

\*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OF-