

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
GLAZED HAM SWEET POTATOES LIMA BEANS FRESH ORANGE WHEAT BREAD 3	Chicken Tarragon Croissant with Split Pea Soup Orange Juice Brownie or cookie 4	TUNA CASSEROLE GREEN PEAS HARVARD BEETS SUGAR COOKIES ORANGE JUICE 5	Chipote Chicken Sandwich with sweet corn salad Orange Juice Brownie or Cookie 6	Hello 2022! CHILI OVER RICE STEWED TOMATOES CHUCKWAGON CORN VANILLA PUDDING ORANGE JUICE 7
CHICKEN PARMIGIANA SPAGHETTI & SAUCE SPINACH APPLES VANILLA PUDDING ORANGE JUICE 10	Pesto Chicken Sandwich with Minestrone Soup Orange Juice Brownie or Cookie 11	BREADED CHICKEN PATTY & GRAVY CARROTS BROCCOLI FRESH ORANGE WHEAT BREAD 12	Roasted Turkey & Roasted Red Pepper Sandwich with Roasted Vegetable Salad Orange Juice Brownie or Cookie 13	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS OATMEAL COOKIES WHEAT BREAD 14
 MARTIN LUTHER KING DAY 17	Chipotle Chicken Sandwich with Sweet Corn Salad Orange Juice Brownie or Cookie 18	CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BANANA ORANGE JUICE 19	Chicken Tarragon Croissant with Split Pea Soup Orange Juice Brownie or Cookie 20	Winter BBQ BARBEQUE CHICKEN SWEET POTATO SUCCOTASH SUGAR COOKIES CANTALOUPE 21
SLICED TURKEY AND GRAVY CORN PEAS PEACHES WHEAT BREAD ORANGE JUICE 24	Roasted Turkey & Red Pepper Sandwich with Roasted Vegetable Salad Orange Juice Brownie or Cookie 25	MACARONI, HAM & CHEESE SPINACH STEWED TOMATOES OATMEAL COOKIES ORANGE JUICE 26	Pesto Chicken Sandwich with Minestrone Soup Orange Juice Brownie or Cookie 27	Birthday Celebration MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI POUND CAKE WHEAT BREAD ORANGE JUICE 28
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES WHEAT BREAD FRESH ORANGE 31	<h1>JANUARY 2022</h1>			

*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OFFERED AT EACH MEAL