

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

**CHIPOTLE CHICKEN SANDWICH**  
WITH SWEET CORN SALAD  
ORANGE JUICE AND DESSERT

7

**GLAZED HAM**  
SWEET POTATOES  
LIMA BEANS  
GRAHAM CRACKERS

1

**CHICKEN TARAGON CROISSANT**  
RAINBOW SALAD WITH GRAPES, BLUEBERRIES, FETA CHEESE & VINAIGRETTE DRESSING. ORANGE JUICE AND DESSERT

2

**Hanukkah Dinner**  
**BAKED CHICKEN**  
SCALLOPED POTATOES  
CARROTS  
APPLESAUCE  
RYE BREAD  
ORANGE JUICE



3

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

13

**ROASTED TURKEY RED PEPPER SANDWICH**  
WITH ROASTED VEGETABLE SALAD  
ORANGE JUICE AND DESSERT

14

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

15

**CHIPOTLE CHICKEN SANDWICH**  
WITH SWEET CORN SALAD  
ORANGE JUICE AND DESSERT

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

**CHICKEN TARAGON CROISSANT**  
RAINBOW SALAD WITH GRAPES, BLUEBERRIES, FETA CHEESE & VINAIGRETTE DRESSING. ORANGE JUICE AND DESSERT

21

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

22

**ROASTED TURKEY RED PEPPER SANDWICH**  
WITH ROASTED VEGETABLE SALAD  
ORANGE JUICE AND DESSERT

23

**HAPPY HOLIDAYS**



24

**SPINACH CANNELLONI**  
CORN  
CALIFORNIA BLEND  
FRESH ORANGE

27

**PESTO CHICKEN SANDWICH**  
MEDITERRANEAN SALAD WITH GARBANZO BEANS, OLIVES, CUCUMBER, FETA, MIXED GREENS, ITALIAN BALSAMIC VINAIGRETTE. ORANGE JUICE & DESSERT

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-