

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

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



A NONPROFIT SERVING ORANGE COUNTY'S SENIORS

# Home Delivered Menu

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

DONATION: \$9.00



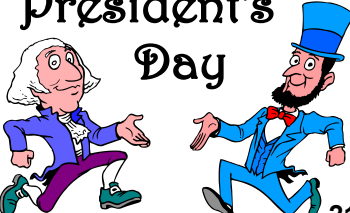
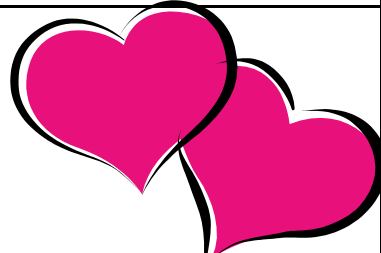
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	<p><b>SWISS STEAK AND GRAVY</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">1</p>	<p><b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>TURKEY ALA KING</b> PEAS CARROTS GRAHAM CRACKERS</p> <p style="text-align: right;">2</p>	<p><b>BAKED CHICKEN</b> SCALLOPED POTATOES CARROTS <b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING ORANGE JUICE</p> <p style="text-align: right;">3</p>	<p><b>SPAGHETTI &amp; MEATBALLS</b> CORN ITALIAN BLEND <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN</p> <p style="text-align: right;">4</p>
<p><b>BEEF STEAK W/ ONION GRAVY</b> MASHED POTATOES GREEN BEANS <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">7</p>	<p><b>MACARONI &amp; CHEESE</b> BROCCOLI STEWED TOMATOES <b>FISH STICKS</b> MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE</p> <p style="text-align: right;">8</p>	<p><b>ROTINI IN A SAVORY MEAT SAUCE</b> ITALIAN BLEND VEGETABLES SPINACH <b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS SUGAR COOKIES</p> <p style="text-align: right;">9</p>	<p><b>CHICKEN FETTUCCINI</b> GREEN BEANS HARVARD BEETS <b>CHILI</b> GREEN PEAS CORN &amp; CARROTS CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">10</p>	<p><b>BBQ BEEF</b> BAKED BEANS HASH BROWNS <b>CHEESE CANNALONI</b> GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL</p> <p style="text-align: right;">11</p>
<p><b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI OATMEAL COOKIES</p> <p style="text-align: right;">14</p>	<p><b>SWISS STEAK</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH POUND CAKE</p> <p style="text-align: right;">15</p>	<p><b>MEATLOAF &amp; GRAVY</b> HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES <b>HONEY MUSTARD HAM</b> SWEET POTATOES CUT CORN APPLE SAUCE</p> <p style="text-align: right;">16</p>	<p><b>POLISH SAUSAGE</b> STEWED TOMATOES COUNTRY STYLE HASH BROWNS <b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN FRESH FRUIT ORANGE JUICE</p> <p style="text-align: right;">17</p>	<p><b>TURKEY ENCHILADA CASSEROLE</b> SPANISH RICE BROCCOLI <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES FRESH ORANGE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">18</p>
<p><b>President's Day</b></p>  <p style="text-align: right;">21</p>	<p><b>TERIYAKI MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES BROCCOLI <b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES CORN</p> <p style="text-align: right;">22</p>	<p><b>BARBEQUE BEEF</b> BAKED BEANS BAKED POTATO <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI FRUIT COCKTAIL</p> <p style="text-align: right;">23</p>	<p><b>CHICKEN PRIMAVERA CASSEROLE</b> ITALIAN BLEND VEGETABLES GREEN BEANS <b>MEATLOAF &amp; TOMATO SAUCE</b> GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES</p> <p style="text-align: right;">24</p>	<p><b>SLICED TURKEY &amp; GRAVY</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN FRESH ORANGE POUND CAKE</p> <p style="text-align: right;">25</p>
<p><b>CHICKEN PARMESAN</b> SPAGHETTI &amp; SAUCE SPINACH <b>BEEF STROGANOFF OVER NOODLES</b> CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">28</p>	<p><i>February 2022</i> </p>			

\*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

\*\*PORK = PORK

1% MILK OFFERED AT EACH MEAL

# Home Delivered Breakfast

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK  1	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  2	BANANA TOASTED OATS YOGURT LOW FAT MILK  3	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK  4
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  7	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK  8	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  9	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  10	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK  11
FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  14	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  15	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK  16	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK  17	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK  18
 <p><b>President's Day</b></p>	BANANA BRAN FLAKES YOGURT LOW FAT MILK  22	FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  23	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK  24	SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK  25
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  28	<p style="text-align: center;"><i>February 2022</i> </p>			