

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
	Chinese New Year Chicken Tarragon Croissant with Rainbow Salad (Blueberry, feta, tomatoes) Orange Juice Dessert <p style="text-align: right;">1</p>	GLAZED HAM SWEET POTATOES LIMA BEANS GRAHAM CRACKERS WHEAT BREAD ORANGE JUICE <p style="text-align: right;">2</p>	Pesto Chicken Sandwich with Split Pea Soup Orange Juice Dessert <p style="text-align: right;">3</p>	SPAGHETTI & MEATBALLS CORN ITALIAN BLEND CANTALOUPE <p style="text-align: right;">4</p>
BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS SLICED PEARS WHEAT BREAD ORANGE JUICE <p style="text-align: right;">7</p>	Roasted Vegetable with Hummus Wrap with Italian White Bean Soup Orange Juice Dessert <p style="text-align: right;">8</p>	ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH SUGAR COOKIES ORANGE JUICE <p style="text-align: right;">9</p>	Mediterranean Chicken Wrap with Mediterranean Garden Salad Orange Juice Dessert <p style="text-align: right;">10</p>	Super Bowl LVI Party BBQ BEEF BAKED BEANS HASH BROWNS MIXED FRUIT WHEAT BREAD ORANGE JUICE  <p style="text-align: right;">11</p>
Valentine's Day LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS WHEAT BREAD OATMEAL COOKIES <p style="text-align: right;">14</p>	Devil Egg Sandwich with Minestrone Kidney Bean Soup Orange Juice Dessert <p style="text-align: right;">15</p>	MEATLOAF & GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES APPLE SAUCE WHEAT BREAD ORANGE JUICE <p style="text-align: right;">16</p>	Turkey & Roasted Red Bell Pepper Sandwich with Split pea soup Orange Juice Dessert <p style="text-align: right;">17</p>	President's Day Lunch TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI APPLE ORANGE JUICE <p style="text-align: right;">18</p>
President's Day  <p style="text-align: right;">21</p>	Chicken Tarragon Croissant with Rainbow Salad (Blueberry, feta, tomatoes) Orange Juice Dessert <p style="text-align: right;">22</p>	BARBEQUE BEEF BAKED BEANS BAKED POTATO FRUIT COCKTAIL WHEAT BREAD ORANGE JUICE <p style="text-align: right;">23</p>	Chipotle Chicken Sandwich with Minestrone Soup Orange Juice Dessert <p style="text-align: right;">24</p>	Birthday Celebration SLICED TURKEY/GRAVY MASHED POTATOES BROCCOLI POUND CAKE WHEAT BREAD ORANGE JUICE  <p style="text-align: right;">25</p>
CHICKEN PARMESAN SPAGHETTI & SAUCE SPINACH CANTALOUPE <p style="text-align: right;">28</p>	<h1>February 2022</h1> 			

*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OF-