

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**

**APRIL  
2022**

**APRIL FOOLS  
DAY**

Classic Meatloaf  
Honey Glazed Carrots  
Wheat Roll  
Orange Mandarin Jello  
Milk  
**4**

Chicken Taragon  
Croissant  
Split Pea Soup  
Dessert  
Orange  
Milk  
**5**

Beef Enchilada  
Black Beans  
Orange  
Milk  
Brownie  
**6**

Devil Egg Sandwich  
Potato & Leek Soup  
Orange  
Milk  
Dessert  
**7**

French Onion Chicken  
Spinach Salad  
Wheat Roll  
Oatmeal Raisin Cookie  
Orange, Milk  
**8**

Roasted Cilantro Lime  
Chicken  
Broccoli  
Wheat Roll  
Orange Pineapple Jello  
Milk  
**11**

Chipotle Chicken  
Sandwich  
Roasted Pepper Soup  
Dessert  
Orange  
Milk  
**12**

Beef Lasagna  
Roasted Zucchini &  
Squash  
Orange, Milk  
Cake  
**13**

Roasted Turkey &  
Red Pepper Sandwich  
Roasted Butternut &  
Carrot Soup  
Dessert  
Orange, Milk  
**14**

Salmon w/Panang  
Curry Sauce  
Roasted Cauliflower  
Long Grain Rice  
Cookie Chocolate Chip  
**15**

**GOOD FRIDAY**

Italian Meatballs and  
Spaghetti  
Roasted Broccoli  
Orange Mandarin Jello  
Milk  
**18**

**EASTER**

Tuna Sandwich with  
Tomato Basil Soup  
Dessert  
Orange  
Milk  
**19**

Lemongrass & Thai  
Basil Chicken  
Carrot, Squash & Celery  
Long Grain Rice  
Orange, Milk  
Brownie  
**20**

Roasted Vegetable with  
Hummus Wrap  
Italian White Bean Soup  
Orange  
Dessert  
Milk  
**21**

Mexican Pork Stew  
Roasted Yam  
Brown Rice  
Orange  
Milk  
Cookie Oatmeal Raisin  
**22**

Chicken Enchilada  
Black Beans  
Milk  
Orange Pineapple Jello  
**25**

Roasted Turkey & Red  
Pepper Sandwich  
Roasted Butternut &  
Carrot Soup  
Dessert  
Orange Milk  
**26**

Pulled Pork Sliders  
Wheat Roll  
Creamy Coleslaw  
Orange, Milk  
Cake  
**27**

Chipotle Chicken  
Sandwich  
Roasted Pepper Soup  
Dessert  
Orange  
Milk  
**28**

Chicken Cacciatore  
with Black Olives  
Mashed Potatoes  
Hawaiian Roll  
Cookie Chocolate Chip  
Orange, Milk  
**29**

**BIRTHDAY  
BASH**

\*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OFFERED AT EACH MEAL

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**


\*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

\*\*PORK = PORK

1% MILK OFFERED AT EACH MEAL

AWSS RESERVES THE RIGHT  
TO MAKE SUBSTITUTES  
WITHOUT NOTICE



A NONPROFIT SERVING ORANGE COUNTY'S SENIORS

# Cold 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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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

1% MILK OFFERED AT EACH MEAL

AWSS RESERVES THE RIGHT  
TO MAKE SUBSTITUTES  
WITHOUT NOTICE



A NONPROFIT SERVING ORANGE COUNTY'S SENIORS

# Home Delivered Breakfast

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**


1% MILK OFFERED AT EACH MEAL

AWSS RESERVES THE RIGHT TO  
MAKE SUBSTITUTES WITHOUT  
NOTICE

MENUS WITH MORE THAN  
1000MG OF SODIUM FOR THE MEAL  
(CONDIMENTS NOT INCLUDED)



A NONPROFIT SERVING ORANGE COUNTY'S SENIORS

# College Hospital Menu

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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

1% MILK OFFERED AT EACH MEAL