

OUR MENUS, PER MEAL,
AVERAGE 500-700 CALORIES
ALL MEALS ARE LOW SODIUM

Age Well®

Orange County's partner in aging

August Lunch Menu

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

SUGGESTED CONTRIBUTION-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
Chicken Enchilada Bake Roasted Carrots Orange Brownie Milk <p style="text-align: right;">1</p>	Beef & Black Bean Taco Salad Corn Tortillas Tropical Fruit Dessert Milk <p style="text-align: right;">2</p>	Sloppy Joe Potato Salad Oranges Milk Brownie <p style="text-align: right;">3</p>	Green Curry Chicken Rice Spinach & Beet Salad Orange Juice Cookie Milk <p style="text-align: right;">4</p>	Nicoise Salad Wheat Roll Orange Juice Milk Cake <p style="text-align: right;">5</p>
Salmon Tuscana Pasta Carrots Tropical Fruit Dessert Milk <p style="text-align: right;">8</p>	Pulled Pork Slider Coleslaw Orange Brownie Milk <p style="text-align: right;">9</p>	Tuna Sandwich Tomato Basil Soup Orange Juice Cookie Milk <p style="text-align: right;">10</p>	Chicken Tarragon w/ Croissant Rainbow Salad Orange Brownie Milk <p style="text-align: right;">11</p>	Chili Beef Roasted Potatoes Hawaiian Roll Tropical Fruit Dessert Milk <p style="text-align: right;">12</p>
Spaghetti & Meatballs Roasted Broccoli Orange Juice Cookie Milk <p style="text-align: right;">15</p>	Chipotle Chicken Sandwich w/Rye Bread Garden Salad Orange Juice Cake <p style="text-align: right;">16</p>	French Onion Chicken Mashed Potatoes Spinach & Beet Salad Orange Juice Milk Cookie <p style="text-align: right;">17</p>	Chicken Caesar Sandwich w/ Wheat Bread Garden Salad Orange Brownie Milk <p style="text-align: right;">18</p>	Pork Carnitas Tortillas Sweet Potatoes Orange Juice Cake Milk <p style="text-align: right;">19</p>
Thai Basil Chicken Rice Sautéed Cabbage Orange Oatmeal Cookie Milk <p style="text-align: right;">22</p>	Mexican Pork Stew Roasted yams Hawaiian Roll Orange Cookie Milk <p style="text-align: right;">23</p>	Deviled Egg Sandwich on Croissant Potato Leek Soup Orange Brownie Milk <p style="text-align: right;">24</p>	Roasted Chicken w/Red Peppers Sandwich Rainbow Salad Orange Cake Milk <p style="text-align: right;">25</p>	Mexican Beef Lasagna Corn & Black Bean Salad Tropical Fruit Dessert Milk <p style="text-align: right;">26</p>
Meatball Stroganoff w/Pasta Honey Glazed Carrots Tropical Fruit Dessert Milk <p style="text-align: right;">29</p>	Tuna Sandwich w/ Whole Wheat Bread Tomato Basil Soup Orange Cake Milk <p style="text-align: right;">30</p>	Chicken Cacciatore w/Mashed Potatoes Hawaiian Roll Tropical Fruit Dessert Milk Cookie <p style="text-align: right;">31</p>		

WESTERN DAY

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BIRTHDAY BASH

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