

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



# 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**

	<b>SEPTEMBER 2022</b>			Green Curry Chicken Rice Spinach & Beet Salad Orange Juice Cookie Milk <b>1</b>	<b>LABOR DAY</b> <b>2</b>
<b>HAPPY LABOR DAY!</b> <b>5</b>		Chili Beef Roasted Potatoes Hawaiian Roll Tropical Fruit Dessert Milk <b>7</b>		Pulled Pork Slider Coleslaw Orange Brownie Milk <b>8</b>	<b>GRAND PARENTS DAY</b> <b>9</b>
Pork Carnitas Tortillas Sweet Potatoes Orange Juice Cake Milk <b>12</b>		Chicken Caesar Sandwich w/Wheat Bread Garden Salad Orange Brownie <b>14</b>		French Onion Chicken Mashed Potatoes Spinach & Beet Salad Orange Juice Milk Cookie <b>15</b>	<b>16</b>
Mexican Pork Stew Roasted yams Hawaiian Roll Orange Cookie Milk <b>19</b>		Mexican Beef Lasagna Corn & Black Bean Salad Tropical Fruit Dessert Milk <b>21</b>		Thai Basil Chicken Rice Sauteed Cabbage Orange Cookie Milk <b>22</b>	<b>NFL Kickoff</b> <b>23</b>
BBQ Chicken Sandwich Potato Salad Orange Brownie Milk <b>26</b>		Chicken Cacciatore w/ Mashed Potatoes Hawaiian Roll Tropical Fruit Dessert Milk <b>28</b>		Salmon w/Panang Curry Rice Carrots & Squash Orange Milk Cookie <b>29</b>	<b>BIRTHDAY BASH</b> <b>30</b>

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