

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

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



Age Well

Orange County's partner in aging

Home Delivered Menu

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

DONATION: \$9.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2022			CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES 1	CHICKEN PARMESAN SPAGHETTI & SAUCE SPINACH BEEF STROGANOFF OVER NOODLES CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES 2
Labor Day 5	CHICKEN MARSALA BROWN RICE BRUSSEL SPROUTS STEWED TOMATOES SALISBURY STEAK WITH GRAVY CARROTS PEAS OATMEAL COOKIES APPLESAUCE 6	SPINACH CANNELLONI CORN CALIFORNIA BLEND VEGGIES TURKEY ENCHILADA CASSEROLE CARROTS GREEN BEANS WHEAT BREAD FRESH ORANGE TAPIOCA PUDDING 7	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING 8	ROTINI & MEAT SAUCE ITALIAN GREEN BEANS HARVARD BEETS BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS 9
GLAZED HAM SWEET POTATOES LIMA BEANS MACARONI, CHEESE & HAM CREAMED SPINACH CORN CHOCOLATE CHIP COOKIES 12	MEATLOAF & MUSHROOM GRAVY ITALIAN BLEND VEGETABLES HASH BROWN POTATOES SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES OATMEAL COOKIES ORANGE JUICE 13	TUNA CASSEROLE PEAS HARVARD BEETS CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA SUGAR COOKIES WHEAT BREAD ORANGE JUICE 14	BAKED CHICKEN MASHED POTATOES GREEN BEANS FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI CHOCOLATE CHIP COOKIES 15	CHILI OVER RICE STEWED TOMATOES CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI VANILLA PUDDING 16
CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH BEEF STROGANOFF WITH EGG NOODLES CARROTS PEAS APPLES VANILLA PUDDING 19	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES 20	CHICKEN PATTY & GRAVY CARROTS BROCCOLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE 21	ROAST BEEF & GRAVY MASHED POTATOES CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI GRAHAM CRACKERS ORANGE 22	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES 23
SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING 26	BARBEQUE CHICKEN SWEET POTATO SUCCOTASH TURKEY ALA KING PEAS CARROTS SUGAR COOKIES APPLESAUCE 27	CANNELLONI ITALIAN GREEN BEANS CARROT BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA 28	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE 29	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 30

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPTEMBER 2022

ORANGE JUICE
TOASTED OATS
YOGURT
LOW FAT MILK

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

1

2

 **Labor Day**

5

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

6

WAFFLES
SYRUP
MARGARINE (2)
LOW FAT MILK

7

FRESH FRUIT
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

8

ORANGE JUICE
RAISIN BRAN
FRUITED YOGURT
LOW FAT MILK

9

ORANGE JUICE
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

12

FRESH FRUIT
TOASTED OATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

13

PEACHES
SCRAMBLED EGGS
BREAD FOR TOAST
JELLY
MARGARINE
LOW FAT MILK

14

FRESH ORANGE
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

15

ORANGE JUICE
RAISIN BRAN
FRUITED YOGURT
LOW FAT MILK

16

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

19

ORANGE JUICE
BANANA
BRAN FLAKES
BREAD FOR TOAST (1)
MARGARINE (1)
LOW FAT MILK

20

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

21

PEACHES
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

22

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

23

FRESH FRUIT
SCRAMBLED EGGS
BREAD FOR TOAST (2)
JELLY
MARGARINE (2)
LOW FAT MILK

26

ORANGE JUICE
FROSTED MINI-WHEATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

27

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

28

APPLESAUCE
RAISIN BRAN
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

29

WAFFLES
SYRUP
MARGARINE (2)
LOW FAT MILK

30