

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
SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES <p style="text-align: right;">3</p>	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES FRESH ORANGE CHOCOLATE PUDDING <p style="text-align: right;">4</p>	MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES <p style="text-align: right;">5</p>	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES <p style="text-align: right;">6</p>	MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD <p style="text-align: right;">7</p>
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING <p style="text-align: right;">10</p>	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN CHOCOLATE CHIP COOKIES <p style="text-align: right;">11</p>	GLAZED HAM SWEET POTATOES LIMA BEANS TURKEY ALA KING PEAS CARROTS GRAHAM CRACKERS <p style="text-align: right;">12</p>	BAKED CHICKEN MASHED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING ORANGE JUICE <p style="text-align: right;">13</p>	SPAGHETTI & MEATBALLS CORN ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN <p style="text-align: right;">14</p>
BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS CHOCOLATE CHIP COOKIES <p style="text-align: right;">17</p>	MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE <p style="text-align: right;">18</p>	BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL <p style="text-align: right;">19</p>	ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS SUGAR COOKIES <p style="text-align: right;">20</p>	CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS CHOCOLATE CHIP COOKIES <p style="text-align: right;">21</p>
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES BBQ PORK RIBLET MASHED POTATOES SPINACH POUND CAKE <p style="text-align: right;">24</p>	MEATLOAF & GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES CUT CORN APPLE SAUCE <p style="text-align: right;">25</p>	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SPINACH LASAGNA CARROTS ZUCCHINI OATMEAL COOKIES <p style="text-align: right;">26</p>	POLISH SAUSAGE STEWED TOMATOES COUNTRY STYLE HASH BROWNS TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE <p style="text-align: right;">27</p>	TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH ORANGE CHOCOLATE CHIP COOKIES <p style="text-align: right;">28</p>
BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING <p style="text-align: right;">31</p>	<h1>October 2022</h1> 			

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 3	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 4	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 5	BANANA BRAN FLAKES LOW FAT MILK 6	FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 7
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 10	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK 11	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 12	BANANA TOASTED OATS YOGURT LOW FAT MILK 13	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 14
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 17	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 18	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 19	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 20	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 21
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE 24	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 25	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 26	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK 27	SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK 28
ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 31	<h1>October 2022</h1> 			