

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

Age Well®

Orange County's partner in aging

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

*FRUIT IS AVAILABLE FOR DIABETICS

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

1% MILK OFFERED AT EACH MEAL