

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



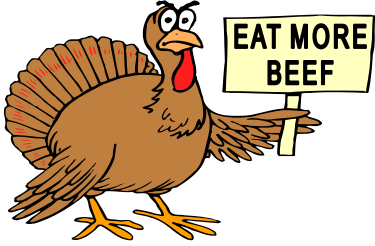


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

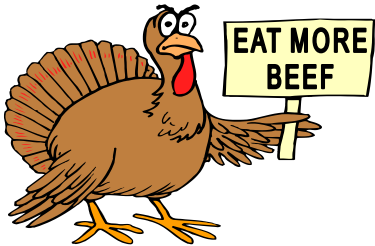


FRIDAY

	<p>TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES BROCCOLI CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN</p> <p style="text-align: right;">1</p>	<p>BARBEQUE BEEF BAKED BEANS HASH BROWN POTATOES SPINACH LASAGNA CARROTS ZUCCHINI FRUIT COCKTAIL</p> <p style="text-align: right;">2</p>	<p>CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES</p> <p style="text-align: right;">3</p>	<p>CHICKEN PARMESAN SPAGHETTI & SAUCE SPINACH BEEF STROGANOFF OVER NOODLES CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">4</p>
<p>SLICED TURKEY & GRAVY MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN FRESH ORANGE POUND CAKE</p> <p style="text-align: right;">7</p>	<p>CHICKEN MARSALA BROWN RICE BRUSSEL SPROUTS STEWED TOMATOES SALISBURY STEAK WITH GRAVY CARROTS PEAS OATMEAL COOKIES APPLESAUCE</p> <p style="text-align: right;">8</p>	<p>SPINACH CANNELLONI CORN CALIFORNIA BLEND VEGGIES TURKEY ENCHILADA CASSEROLE CARROTS GREEN BEANS WHEAT BREAD FRESH ORANGE TAPIOCA PUDDING</p> <p style="text-align: right;">9</p>	<p>BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING</p> <p style="text-align: right;">10</p>	 <p style="text-align: right;">Veteran's Day 11</p>
<p>GLAZED HAM SWEET POTATOES LIMA BEANS MACARONI, CHEESE & HAM CREAMED SPINACH CORN CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">14</p>	<p>MEATLOAF & MUSHROOM GRAVY ITALIAN BLEND VEGETABLES HASH BROWN POTATOES SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES OATMEAL COOKIES ORANGE JUICE</p> <p style="text-align: right;">15</p>	<p>TUNA CASSEROLE PEAS HARVARD BEETS CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA SUGAR COOKIES WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">16</p>	<p>BAKED CHICKEN MASHED POTATOES GREEN BEANS FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">17</p>	<p>CHILI OVER RICE STEWED TOMATOES CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI VANILLA PUDDING</p> <p style="text-align: right;">18</p>
<p>CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH BEEF STROGANOFF WITH EGG NOODLES CARROTS PEAS APPLES VANILLA PUDDING</p> <p style="text-align: right;">21</p>	<p>SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">22</p>	<p>ROAST TURKEY & GRAVY STUFFING/CANDIED YAMS GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE MACARONI, CHEESE & HAM CREAMED SPINACH CORN</p> <p style="text-align: right;">23</p>	 <p style="font-size: 2em;">Thanksgiving Holiday</p> <p style="text-align: right;">24</p>	
<p>SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING</p> <p style="text-align: right;">28</p>	<p>BARBEQUE CHICKEN SWEET POTATO SUCCOTASH TURKEY ALA KING PEAS CARROTS SUGAR COOKIES APPLESAUCE</p> <p style="text-align: right;">29</p>	<p>CANNELLONI ITALIAN GREEN BEANS CARROT BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA</p> <p style="text-align: right;">30</p>	<p style="font-size: 4em;"><i>November 2022</i></p>	

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	BANANA BRAN FLAKES YOGURT LOW FAT MILK 1	FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 2	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 3	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 4
SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK 7	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 8	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 9	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 10	 11
ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 14	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK 15	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK 16	FRESH ORANGE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 17	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK 18
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 21	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK 22	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 23	 24	
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 28	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 29	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 30	<h1>November 2022</h1>	