

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

December 2022



<h1>December 2022</h1>				
<p>SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES</p> <p style="text-align: right;">5</p>	<p>BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES FRESH ORANGE CHOCOLATE PUDDING</p> <p style="text-align: right;">6</p>	<p>MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES</p> <p style="text-align: right;">7</p>	<p>POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE</p> <p style="text-align: right;">1</p>	<p>SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT</p> <p style="text-align: right;">2</p>
<p>PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING</p> <p style="text-align: right;">12</p>	<p>SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">13</p>	<p>GLAZED HAM SWEET POTATOES LIMA BEANS TURKEY ALA KING PEAS CARROTS GRAHAM CRACKERS</p> <p style="text-align: right;">14</p>	<p>BAKED CHICKEN MASHED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING ORANGE JUICE</p> <p style="text-align: right;">15</p>	<p>SPAGHETTI & MEATBALLS CORN ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN</p> <p style="text-align: right;">16</p>
<p>BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">19</p>	<p>MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE</p> <p style="text-align: right;">20</p>	<p>BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL</p> <p style="text-align: right;">21</p>	<p>ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS SUGAR COOKIES</p> <p style="text-align: right;">22</p>	<p>ROAST TURKEY & GRAVY STUFFING/YAMS GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE CHILI GREEN PEAS CORN & CARROTS</p> <p style="text-align: right;">23</p>
<p>Merry Christmas & Happy Hanukkah</p> <p style="text-align: right;">26</p>	<p>MEATLOAF & GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES CUT CORN APPLE SAUCE</p> <p style="text-align: right;">27</p>	<p>LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SPINACH LASAGNA CARROTS ZUCCHINI OATMEAL COOKIES</p> <p style="text-align: right;">28</p>	<p>POLISH SAUSAGE STEWED TOMATOES COUNTRY STYLE HASH BROWNS TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">29</p>	<p>TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH ORANGE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">30</p>

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

December 2022



APPLESAUCE
RAISIN BRAN
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

1

WAFFLES
SYRUP
MARGARINE (2)
LOW FAT MILK

2

ORANGE JUICE
WAFFLES
SYRUP
MARGARINE (2)
LOW FAT MILK

5

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

6

ORANGE JUICE
TOASTED OATS
YOGURT
LOW FAT MILK

7

BANANA
BRAN FLAKES
LOW FAT MILK

8

FROSTED MINI-WHEATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

9

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

12

ORANGE JUICE
RAISIN BRAN
BANANA
LOW FAT MILK

13

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

14

BANANA
TOASTED OATS
YOGURT
LOW FAT MILK

15

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

16

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

19

ORANGE JUICE
RAISIN BRAN
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

20

ORANGE JUICE
TOASTED OATS
YOGURT
LOW FAT MILK

21

ORANGE JUICE
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

22

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

23

**Merry
Christmas &
Happy Hanukkah**

26

BANANA
BRAN FLAKES
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

27

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

28

ORANGE JUICE
TOASTED OATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

29

SCRAMBLED EGGS
BREAD FOR TOAST
JELLY
MARGARINE
LOW FAT MILK

30