

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




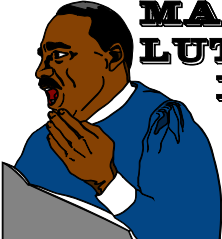

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**


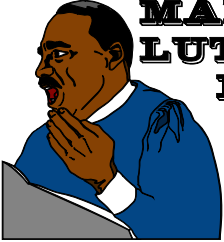
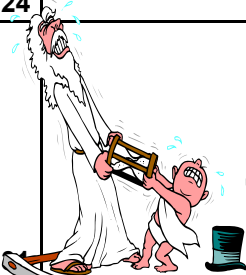
**FRIDAY**

 <p>2</p>	<p><b>TERIYAKI MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES BROCCOLI <b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES CORN</p> <p>3</p>	<p><b>BARBEQUE BEEF</b> BAKED BEANS HASH BROWN POTATOES <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI FRUIT COCKTAIL</p> <p>4</p>	<p><b>CHICKEN PRIMAVERA CASSEROLE</b> ITALIAN BLEND VEGETABLES GREEN BEANS <b>MEATLOAF &amp; TOMATO SAUCE</b> GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES</p> <p>5</p>	<p><b>CHICKEN PARMESAN</b> SPAGHETTI &amp; SAUCE SPINACH <b>BEEF STROGANOFF OVER NOODLES</b> CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p>6</p>
<p><b>SLICED TURKEY &amp; GRAVY</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN FRESH ORANGE POUND CAKE</p> <p>9</p>	<p><b>CHICKEN MARSALA</b> BROWN RICE BRUSSEL SPROUTS STEWED TOMATOES <b>SALISBURY STEAK WITH GRAVY</b> CARROTS PEAS OATMEAL COOKIES APPLESAUCE</p> <p>10</p>	<p><b>SPINACH CANNELLONI</b> CORN CALIFORNIA BLEND VEGGIES <b>TURKEY ENCHILADA CASSEROLE</b> CARROTS GREEN BEANS WHEAT BREAD FRESH ORANGE TAPIOCA PUDDING</p> <p>11</p>	<p><b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>TERIYAKI CHICKEN OVER RICE</b> PEAS ASIAN VEGETABLES CHOCOLATE PUDDING</p> <p>12</p>	<p><b>ROTINI &amp; MEAT SAUCE</b> ITALIAN GREEN BEANS HARVARD BEETS <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS</p> <p>13</p>
 <p>16</p>	<p><b>MEATLOAF &amp; MUSHROOM GRAVY</b> ITALIAN BLEND VEGETABLES HASH BROWN POTATOES <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES OATMEAL COOKIES ORANGE JUICE</p> <p>17</p>	<p><b>TUNA CASSEROLE</b> PEAS HARVARD BEETS <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA SUGAR COOKIES WHEAT BREAD ORANGE JUICE</p> <p>18</p>	<p><b>BAKED CHICKEN</b> MASHED POTATOES GREEN BEANS <b>FISH WITH MEXICANA SAUCE OVER RICE</b> CORN ZUCCHINI CHOCOLATE CHIP COOKIES</p> <p>19</p>	<p><b>CHILI OVER RICE</b> STEWED TOMATOES CHUCKWAGON CORN <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI VANILLA PUDDING</p> <p>20</p>
<p><b>CHICKEN PARMESAN</b> SPAGHETTI CREAMED SPINACH <b>BEEF STROGANOFF WITH EGG NOODLES</b> CARROTS PEAS APPLES VANILLA PUDDING</p> <p>23</p>	<p><b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS &amp; CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES</p> <p>24</p>	<p><b>CHICKEN PATTY &amp; GRAVY</b> CARROTS BROCCOLI <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN APPLESAUCE</p> <p>25</p>	<p><b>ROAST BEEF &amp; GRAVY</b> MASHED POTATOES CHUCKWAGON CORN <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI GRAHAM CRACKERS ORANGE</p> <p>26</p>	<p><b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS OATMEAL COOKIES</p> <p>27</p>
<p><b>SPAGHETTI &amp; MEATBALLS</b> BROCCOLI ITALIAN BLEND VEGETABLES <b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS VANILLA PUDDING</p> <p>30</p>	 <h1>January 2023</h1>			

\*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

\*\*PORK = PORK

1% MILK OFFERED AT EACH MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2	BANANA BRAN FLAKES YOGURT LOW FAT MILK 3	FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 4	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 5	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 6
SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK 9	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 10	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 11	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 12	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK 13
 16	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK 17	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK 18	FRESH ORANGE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 19	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK 20
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 23	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK 24	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 25	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 26	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK 27
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 30	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK			

**January 2023**