AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)



Home Delivered Menu

CHRIS HERNANDEZ, RDN

CONTRIBUTION: \$9.00

AGE WELL IS A NONPROFIT ORGINAZATION. YOUR CONTRIBUTIONS ARE APPRECIATED AND YOUR SUPPORT PROVIDES MEALS TO OUR COMMUNITY

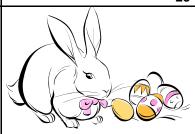


MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING	BARBEQUE CHICKEN SWEET POTATO SUCCOTASH TURKEY ALA KING PEAS CARROTS COOKIES APPLESAUCE	CANNELLONI ITALIAN GREEN BEANS CARROT BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT
3	4	5	6	7
SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES FRESH ORANGE CHOCOLATE PUDDING	MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES	MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT
10	11	12	13	WHEAT BREAD 14
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES	GLAZED HAM SWEET POTATOES LIMA BEANS TURKEY ALA KING PEAS CARROTS GRAHAM CRACKERS	BAKED CHICKEN MASHED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING ORANGE JUICE	SPAGHETTI & MEATBALLS CORN ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN
17	18	19	20	21
BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS COOKIES	MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE	BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL	ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS COOKIES	CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS COOKIES
24	25	26	27	28
	2	oil oi	107	



April 2023





Home Delivered Breakfast

MONDAY		TUESDAY	WEDNESDAY		THURSDAY		FRIDAY	
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK		ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	6	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK		WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	
	3	4		5		6		7
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK		FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK		BANANA BRAN FLAKES LOW FAT MILK		FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK	
	10	11		12		13		14
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK		ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK		BANANA TOASTED OATS YOGURT LOW FAT MILK		FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK	
EDEAL EDILLE	17	18		19		20		21
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK		ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK		ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK		ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	
	24	25		26		27		28
		Ap	ril 2	2()23			