

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE  
 MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)  
 1% MILK OFFERED AT EACH MEAL



CHRIS HERNANDEZ, RDN  
 CONTRIBUTION: \$9.00  
 AGE WELL IS A NONPROFIT ORGANIZATION. YOUR CONTRIBUTIONS ARE APPRECIATED AND YOUR SUPPORT PROVIDES MEALS TO OUR COMMUNITY  
 \*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY \*\*PORK = PORK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# November 2023

**CHICKEN PARMESAN**  
 SPAGHETTI  
 CREAMED SPINACH  
**CHICKEN RANCHERO**  
 SPANISH RICE  
 PINTO BEANS  
 MIXED VEGETABLES  
 APPLES  
 VANILLA PUDDING

6

**SALISBURY STEAK & GRAVY**  
 HASH BROWN POTATOES  
 HARVARD BEETS  
**CHEESE CANNELLONI**  
 GREEN BEANS  
 PEAS & CARROTS  
 WHEAT BREAD  
 APPLESAUCE  
 COOKIES

7

**CHICKEN PATTY & GRAVY**  
 CARROTS  
 BROCCOLI  
**MACARONI, CHEESE & HAM**  
 CREAMED SPINACH  
 CORN  
 APPLESAUCE

8

**ROAST BEEF & GRAVY**  
 MASHED POTATOES  
 SCANDINAVIAN BLEND  
**SCRAMBLED EGGS WITH HAM**  
 HASH BROWN POTATOES  
 CINNAMON APPLES  
 GRAHAM CRACKERS  
 ORANGE JUICE

9



**Veteran's Day**

10

**SPAGHETTI & MEATBALLS**  
 BROCCOLI  
 ITALIAN BLEND VEGETABLES  
**PINEAPPLE GLAZED HAM**  
 MASHED POTATOES  
 GREEN BEANS  
 VANILLA PUDDING

13

**BARBEQUE CHICKEN**  
 SWEET POTATO  
 SUCCOTASH  
**FISH WITH MEXICANA SAUCE OVER RICE**  
 CORN  
 ZUCCHINI  
 COOKIES  
 APPLESAUCE

14

**CANNELLONI**  
 ITALIAN GREEN BEANS  
 CARROT  
**BREADED FISH FILETS**  
 CUBED POTATOES  
 MIXED VEGETABLES  
 BANANA

15

**POLISH SAUSAGE**  
 COUNTRY STYLE HASH BROWNS  
 SAUERKRAUT  
**MACARONI SHELLS WITH MEAT SAUCE**  
 ITALIAN BLEND VEGETABLES  
 CORN  
 FRESH FRUIT  
 ORANGE JUICE

16

**SALISBURY STEAK & GRAVY**  
 HASH BROWN POTATOES  
 HARVARD BEETS  
**BAKED CHICKEN OVER RICE**  
 MASHED POTATOES  
 BROCCOLI  
 GRAHAM CRACKERS  
 FRESH FRUIT

17

**PORK RIBLET**  
 POTATOES O'BRIEN  
 MIXED VEGETABLES  
**MEATLOAF WITH BROWN GRAVY**  
 MASHED POTATOES  
 CALIFORNIA BLEND VEGGIES  
 PEACHES

20

**BEEF STEAK & ONION GRAVY**  
 MASHED POTATOES  
 CREAMED SPINACH  
**BAKED CHICKEN OVER BROWN RICE**  
 MASHED POTATOES  
 BROCCOLI  
 FRESH ORANGE  
 CHOCOLATE PUDDING

21

**ROAST TURKEY & GRAVY**  
 STUFFING/CANDIED YAMS  
 GREEN BEANS  
 CRANBERRY SAUCE  
 DINNER ROLL  
 PUMPKIN PIE  
**SWEDISH MEATBALLS OVER EGG NOODLES**  
 MIXED VEGETABLES  
 PEAS

22



**THANKSGIVING**

23

**GRILLED CHICKEN OVER BROWN RICE & GRAVY**  
 MASHED POTATOES  
 CARROTS  
**ROTINI IN MEAT SAUCE**  
 MIXED VEGETABLES  
 ITALIAN GREEN BEANS  
 CHOCOLATE PUDDING  
 FRUIT CUP

24

**SLICED TURKEY AND GRAVY**  
 MASHED POTATOES  
 BROCCOLI  
**TERIYAKI MEATBALLS OVER RICE**  
 GREEN BEANS  
 CARROTS  
 WHEAT BREAD  
 CHOCOLATE PUDDING

27

**SWISS STEAK AND GRAVY**  
 MASHED POTATOES  
 CAPRI BLEND VEGETABLES  
**TUNA NOODLE CASSEROLE**  
 PEAS  
 CREAMED CORN  
 COOKIES

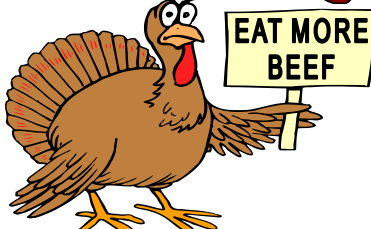
28

**GLAZED HAM**  
 SWEET POTATOES  
 LIMA BEANS  
**BARBECUE CHICKEN OVER BROWN RICE**  
 MASHED POTATOES  
 SPINACH  
 GRAHAM CRACKERS

29

**GRILLED CHICKEN OVER BROWN RICE & GRAVY**  
 MASHED POTATOES  
 CARROTS  
**ROTINI IN MEAT SAUCE**  
 MIXED VEGETABLES  
 ITALIAN GREEN BEANS  
 CHOCOLATE PUDDING  
 FRUIT CUP

30



**EAT MORE BEEF**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>November 2023</h1>		FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK	SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK
			1	2
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	 <b>Veteran's Day</b>
6	7	8	9	10
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	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK
13	14	15	16	17
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	 <b>THANKSGIVING</b>	
20	21	22		
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	 <b>EAT MORE BEEF</b>
27	28	29	30	