

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



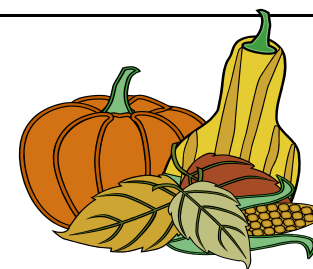
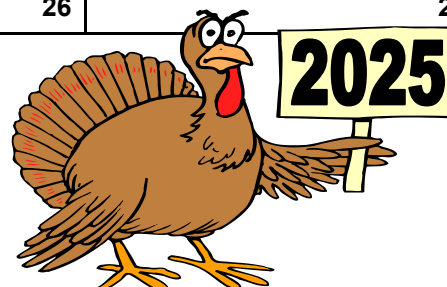
Age Well
 Orange County's partner in aging

Home Delivered Menu

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
PORK RIBLET BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES CHICKEN CACCIATORE OVER ROTINI SPINACH & MIXED VEGETABLES APPLESAUCE 3	BEEF STEAK & ONION GRAVY MASHED POTATOES LIMA BEANS WHEAT ROLL/MARGARINE FRESH ORANGE SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES & PEAS WHEAT BREAD/MARGARINE PEACHES 4	CHICKEN PRIMAVERA OVER ROTINI PEAS & MUSHROOMS CARROTS WHEAT CRACKERS & PEARS CHEESE OMELET SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE 5	CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE SPAGHETTI & MEATBALLS CORN PEAS GRAPE JUICE 6	MEATLOAF W/TOMATO SAUCE SWEET POTATOES COLLARD GREENS WHEAT ROLL/MARGARINE PINEAPPLE CHUNKS CHILI OVER BROWN RICE PEAS CORN AND CARROTS WHEAT CRACKERS FRESH BANANA 7
SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS MIXED FRUIT CUP TERIYAKI MEATBALLS OVER BROWN RICE GREEN BEANS & CARROTS FRESH APPLE 10	 Veteran's Day 11	GLAZED TURKEY HAM IN PINEAPPLE GLAZE SAUCE SWEET POTATOES & LIMA BEANS WHEAT CRACKERS FRESH APPLE BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE PEACHES 12	GRILLED CHICKEN & GRAVY OVER BROWN RICE POTATOES O'BRIEN CARROTS WHEAT ROLL/MARGARINE FRESH ORANGE ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS APPLE JUICE 13	SPAGHETTI & MEATBALLS SPINACH AND ITALIAN BLEND VEG WHEAT CRACKERS PEARS CHICKEN WITH FAJITA VEGETABLES BROWN RICE MEXI CORN GRAPE JUICE VANILLA WAFERS 14
BEEF STEAK W/ ONION GRAVY HASH BROWN POTATOES BRUSSELS SPROUTS WHEAT ROLL/MARGARINE GRAHAM CRACKERS FRESH APPLE CHICKEN RANCHERO SPANISH RICE AND PINTO BEANS MIXED VEGETABLES PEARS 17	SANTA FE CHICKEN OVER BROWN RICE BROCCOLI STEWED TOMATOES CINNAMON APPLESAUCE BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES WHEAT ROLL/MARGARINE FRESH BANANA 18	BBQ BEEF BAKED BEANS HASH BROWN POTATOES WHEAT BREAD/MARGARINE WHEAT CRACKERS MIXED FRUIT CHICKEN IN GRAVY OVER RICE BROCCOLI & SWEET POTATOES WHEAT ROLL/MARGARINE FRESH ORANGE 19	ROTINI IN A MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH FRESH BANANA POUND CAKE MUSHROOM CHICKEN OVER BROWN RICE BROCCOLI AND CAULIFLOWER WHEAT BREAD/MARGARINE PEACHES 20	CHICKEN FETTUCCINI IN ALFREDO SAUCE LIMA BEANS HARVARD BEETS PEARS CHILI PEAS AND CORN WITH CARROTS WHEAT CRACKERS WHEAT ROLL/MARGARINE MIXED FRIUT 21
SWISS STEAK AND GRAVY MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT CHICKEN CHIMICHURRI OVER BROWN RICE MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE 24	TERIYAKI CHICKEN OVER RICE ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES ROTINI SHELLS / MEAT SAUCE CORN ITALIAN GREEN BEANS GRAPE JUICE 25	ROAST TURKEY & GRAVY STUFFING/MASHED POTATOES GREEN BEANS CRANBERRY SAUCE DINNER WHEAT ROLL ECLAIRE SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS BANANA 26	Thanksgiving Holiday 27 28	

November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 3	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 4	BRAN FLAKES ORANGE JUICE LOW FAT MILK 5	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 6	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 7
OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK 10	 11	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 12	CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK 13	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK 14
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 17	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 18	CHEERIOS APPLE JUICE LOW FAT MILK 19	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 20	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 21
WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK 24	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 25	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 26	Thanksgiving Holiday 27	
28				

November

