

OUR MENUS, PER MEAL,
 AVERAGE 500-700
 CALORIES, AND LESS THAN 900
 MG OF SODIUM, EXCLUDING
 SPECIAL EVENT MEALS
 (CONDIMENTS NOT INCLUDED)
 * MEALS WITH MORE THAN
 1000 MG OF SODIUM

Age Well Senior Services

Site Manager
 Shannon Peterson
 (949) 709-7592

Lunch Menu

LISA GIBSON, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$4.50
 COST - 60 YEARS OR YOUNGER: \$6.00

AWSS RESERVES THE RIGHT TO MAKE
 SUBSTITUTES WITHOUT NOTICE

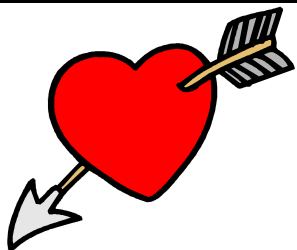
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



February 2019

Super Bowl Party

CHILI STUFFED BAKED
 POTATO WITH CHEESE
 STEAMED BROCCOLI
 CORN MUFFIN
 FRUIT



CREAM OF BROCCOLI SOUP
 EGG SALAD SANDWICH ON
 WHOLE WHEAT BREAD
 CARROT RAISIN SALAD
 ORANGE JUICE
 OATMEAL COOKIES



4

Chinese New Year
SWEET SOUR CHICKEN
 PINEAPPLE COLESLAW
 BROWN RICE
 ASIAN VEGETABLES
 ALMOND COOKIES



5

FRENCH DIP WITH AU JUS ON A HOAGIE ROLL
 BROCCOLI AND
 CAULIFLOWER SALAD
 ROASTED RED POTATOES
 FRUITY YOGURT

6

CHICKEN TACO SALAD
 WITH LETTUCE, TOMATO,
 CHEDDAR CHEESE,
 KIDNEY BEANS, SALSA,
 AND TORTILLA CHIPS
 MANDARIN & BANANA
 SALAD

7

CHEESEBURGER ON A BUN
 WITH LETTUCE, TOMATO
 COLESLAW
 CORN AND RED PEPPER
 CANTALOUPE

8

BBQ CHICKEN STRIPS
 MACARONI & CHEESE
 GREEN PEAS
 GARDEN BLEND SALAD
 WITH TOMATOES
 ORANGE JUICE
 VANILLA WAFERS

11

CHICKEN FAJITA BOWL
 FRESH GARDEN SALAD
 WITH TOMATOES
 BANANA

12

MINISTRONE SOUP
 ROAST BEEF SANDWICH
 ON WHOLE WHEAT BREAD
 TRI-COLOR COLESLAW
 FRESH MELON



13

Happy Valentine's Day
CHICKEN CORDON BLEU
 RICE PILAF
 CREAMED SPINACH
 CAESAR SALAD
 RED VELVET CAKE



14

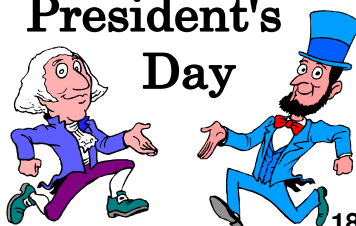
PRESIDENT'S DAY CELEBRATION

MEATLOAF & GRAVY
 BAKED POTATO/SR CREAM
 CARROTS
 MIXED FRUIT
 WHEAT BREAD
 CHERRY PIE



15

President's Day



18

BALSAMIC CHICKEN
 BAKED SWEET POTATOES
 CAPRI BLEND VEGETABLES
 1/2 SLICE WHOLE WHEAT
 BREAD
 ORANGE JUICE
 TAPIOCA PUDDING

19

FISH TACOS WITH CILANTRO LIME SAUCE IN CORN TORTILLAS
 CABBAGE & CHOPPED
 TOMATOES
 CORN & BLACK BEAN SALAD
 CLEMENTINE
 VANILLA WAFERS

20

VEGETABLES BEEF SOUP
 SPRING SALAD WITH
 DRESSING
 TURKEY SANDWICH ON
 WHOLE WHEAT BREAD
 FRESH FRUIT



21

Birthday Celebration

LASAGNA
 TOSSED SALAD WITH
 ITALIAN DRESSING
 ITALIAN GREEN BEANS
 DINNER ROLL
 ICE CREAM CUP



22

GRILLED SAUSAGE WITH PEPPERS & ONIONS OVER EGG NOODLES
 CARROTS & CAULIFLOWER
 SLICED PEACHES
 WITH RASPBERRIES

25

BAKED FISH FILET WITH TARTAR SAUCE
 COLESLAW
 ROASTED RED POTATOES
 STONE GROUND WHEAT
 BREAD
 BANANA

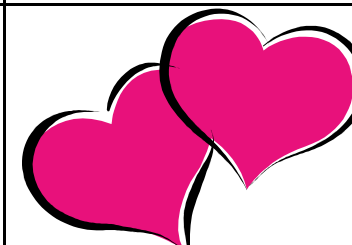
26

PASTA AND MEATBALLS
 ITALIAN BLEND
 VEGETABLES
 SPRING SALAD WITH
 TOMATOES
 PEACHES WITH
 RASPBERRIES

27

SAVORY ROASTED PORK IN A HARVEST SAUCE
 BROWN RICE
 CARROTS
 SPINACH SALAD
 CHOCOLATE CAKE

28



*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

Age Well Senior Services

Cold Lunch Menu

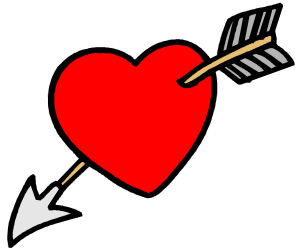
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



February 2019

GREEK LENTIL SALAD
PITA BREAD
ORANGE PINEAPPLE JUICE
CHOCOLATE CAKE

1

HAM SALAD SANDWICH ON
9 GRAIN BREAD
CARROT RAISIN SALAD
ORANGE-PINEAPPLE JUICE
OATMEAL COOKIES

4

EGG SALAD SANDWICH ON
100% WHOLE WHEAT
BREAD
TOMATO WEDGES WITH
DRESSING
ORANGE JUICE
FRESH FRUIT

5

SEAFOOD SALAD PLATE
9 GRAIN BREAD
PINEAPPLE JUICE
MANDARIN & BANANA
SALAD

6

HARVEST VEGETARIAN
PLATE
STONEGROUND BREAD
ORANGE PINEAPPLE JUICE
CHOCOLATE PUDDING

7

TUNA SALAD SANDWICH
ON A CROISSANT
ORANGE JUICE
SLICED TOMATOES WITH
DRESSING
CANTALOUPE

8

HUMMUS WRAP
SLICED BEETS WITH
DRESSING
ORANGE PINEAPPLE JUICE
PEARS

11

SUBMARINE SANDWICH
ON A FRENCH ROLL
TOMATO WEDGES WITH
DRESSING
CANTALOUPE

12

SNOBALL SALAD PLATE
9 GRAIN BREAD
ORANGE JUICE
LEMON PUDDING

13

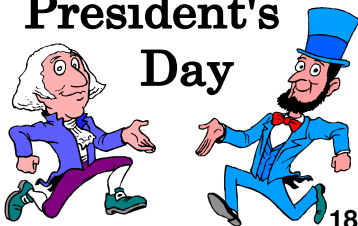
HAM & CHEESE SANDWICH
ON RYE BREAD
COLESLAW
FRUITED GELATIN

14

CAESAR SALAD
BLUEBERRY MUFFIN
ORANGE JUICE
FRESH FRUIT

15

**President's
Day**



18

SEAFOOD SALAD PLATE
STONEGROUND WHEAT
BREAD
ORANGE PINEAPPLE JUICE
CHOCOLATE PUDDING

19

EGG SALAD PLATE
WHOLE WHEAT ROLL
ORANGE PINEAPPLE JUICE
FRESH FRUIT

20

CHICKEN SALAD SANDWICH
ON HONEY
WHEATBERRY BREAD
TOMATO WEDGES WITH
DRESSING
FAMOUS AMOS CHOCOLATE
CHIP COOKIES
ORANGE PINEAPPLE JUICE

21

ROAST BEEF & CHEESE
SANDWICH ON
CANADIAN OAT BREAD
SLICED BEETS WITH
DRESSING
CANTALOUPE

22

TUNA SALAD PLATE
ORANGE JUICE
ROLL
GRANDMA'S OATMEAL
RAISIN COOKIES

25

HAM SANDWICH ON
CANADIAN OAT BREAD
SLICED BEETS WITH
DRESSING
FRESH ORANGE

26

SPINACH SALAD
WHOLE WHEAT ROLL
ORANGE PINEAPPLE JUICE
PUDDING

27

TURKEY SANDWICH ON
WHEATBERRY BREAD
COLESLAW
ORANGE JUICE
FRESH FRUIT

28

