

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

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

## 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

<b>MANDARIN CHICKEN RICE BOWL WITH BROCCOLI &amp; CARROTS</b> ORANGE JUICE CHOCOLATE CAKE 3	<b>YANKEE POT ROAST</b> ROASTED RED POTATOES CARROTS WHOLE WHEAT ROLL MANDARIN & BANANA SALAD 4	<b>CHICKEN PARMIGIANA</b> ROTINI PASTA WITH MARINARA SAUCE ITALIAN BLEND VEGGIES SPINACH SALAD FRESH FRUIT 5	<b>PULLED PORK BBQ SANDWICH ON A BUN</b> CORN & BLACK BEAN SALAD COLESLAW SEASONAL MELON 6	<b>SWEDISH MEATBALLS ON A BED OF EGG NOODLES</b> ROASTED TOMATO 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE RASPBERRY SHERBET 7
<b>CHICKEN CURRY</b> BROWN RICE GREEN BEANS SPRING SALAD MIX WITH DRESSING FRESH ORANGE 10	<b>FRENCH DIP WITH AU JUS ON A HOAGIE ROLL</b> BROCCOLI AND CAULIFLOWER SALAD ROASTED RED POTATOES FRUITY YOGURT 11	<b>CREAM OF BROCCOLI SOUP</b> EGG SALAD SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD ORANGE JUICE OATMEAL COOKIES  12	<b>CHICKEN TACO SALAD</b> WITH LETTUCE, TOMATO, CHEDDAR CHEESE, KIDNEY BEANS, SALSA, AND TORTILLA CHIPS MANDARIN & BANANA SALAD 13	<b>Fathers Day/Flag Day</b> <b>BBQ RIBLET</b> POTATO O'BRIEN CAPRI BLEND VEGGIES WHOLE GRAIN BREAD APPLE COBBLER 14
<b>MINISTRONE SOUP</b> ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD TRI-COLOR COLESLAW FRESH MELON  17	<b>MEATBALL SANDWICH</b> TOSSED SALAD WITH DRESSING ORANGE JUICE CINNAMON APPLES 18	<b>CREAMY ROSEMARY CHICKEN</b> CAESAR SALAD ROASTED RED POTATOES BROCCOLI FLORETS ÉCLAIR 19	<b>CHICKEN FAJITA BOWL</b> FRESH GARDEN SALAD WITH TOMATOES BANANA 20	<b>First Day of Summer</b> <b>CHEESEBURGER ON A BUN</b> WITH LETTUCE, TOMATO COLESLAW BAKED BEANS ICE CREAM CUP  21
<b>VEGETABLES BEEF SOUP</b> SPRING SALAD WITH DRESSING TURKEY SANDWICH ON WHOLE WHEAT BREAD FRESH FRUIT  24	<b>SPINACH CANNELLONI</b> TOSSED SALAD WITH TOMATOES 1/2 SLICE WHOLE GRAIN BREAD FRESH FRUIT 25	<b>FISH TACOS WITH CILANTRO LIME SAUCE IN CORN TORTILLAS</b> CABBAGE & CHOPPED TOMATOES CORN & BLACK BEAN SALAD CLEMENTINE VANILLA WAFERS 26	<b>SWISS STEAK &amp; GRAVY</b> BAKED POTATO WITH SOUR CREAM CREAMED SPINACH 1/2 SLICE 9 GRAIN BREAD SLICED PEACHES WITH RASPBERRIES 27	<b>Happy Birthday</b> <b>BALSAMIC CHICKEN</b> BAKED SWEET POTATOES CAPRI BLEND VEGETABLES 1/2 SLICE WHEAT BREAD ORANGE JUICE TAPIOCA PUDDING 28

# June 2019

\*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

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# Age Well<sup>®</sup> Senior Services

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## Cold Lunch Menu

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### MONDAY

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### FRIDAY

<p>GREEK LENTIL SALAD PITA BREAD ORANGE PINEAPPLE JUICE CHOCOLATE CAKE</p> <p style="text-align: right;"><b>3</b></p>	<p>TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE</p> <p style="text-align: right;"><b>4</b></p>	<p>HUMMUS WRAP CANTALOUPE ORANGE JUICE YOGURT</p> <p style="text-align: right;"><b>5</b></p>	<p>SPINACH SALAD BLUEBERRY MUFFIN ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;"><b>6</b></p>	<p>TUNA SALAD PLATE 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;"><b>7</b></p>
<p>EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATO WEDGES WITH DRESSING ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;"><b>10</b></p>	<p>SEAFOOD SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE MANDARIN &amp; BANANA SALAD</p> <p style="text-align: right;"><b>11</b></p>	<p>HAM SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE-PINEAPPLE JUICE OATMEAL COOKIES</p> <p style="text-align: right;"><b>12</b></p>	<p>HARVEST VEGETARIAN PLATE STONEGROUND BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>13</b></p>	<p>TUNA SALAD SANDWICH ON A CROISSANT ORANGE JUICE SLICED TOMATOES WITH DRESSING CANTALOUPE</p> <p style="text-align: right;"><b>14</b></p>
<p>SNOBALL SALAD PLATE 9 GRAIN BREAD ORANGE JUICE LEMON PUDDING</p> <p style="text-align: right;"><b>17</b></p>	<p>CAESAR SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT</p> <p style="text-align: right;"><b>18</b></p>	<p>HAM &amp; CHEESE SANDWICH ON RYE BREAD COLESLAW FRUITED GELATIN</p> <p style="text-align: right;"><b>19</b></p>	<p>SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGES WITH DRESSING CANTALOUPE</p> <p style="text-align: right;"><b>20</b></p>	<p>HUMMUS WRAP SLICED BEETS WITH DRESSING ORANGE PINEAPPLE JUICE PEARS</p> <p style="text-align: right;"><b>21</b></p>
<p>CHICKEN SALAD SANDWICH ON HONEY WHEATBERRY BREAD TOMATO WEDGES WITH DRESSING FAMOUS AMOS CHOCOLATE CHIP COOKIES ORANGE PINEAPPLE JUICE</p> <p style="text-align: right;"><b>24</b></p>	<p>ROAST BEEF &amp; CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE</p> <p style="text-align: right;"><b>25</b></p>	<p>EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT</p> <p style="text-align: right;"><b>26</b></p>	<p>CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT</p> <p style="text-align: right;"><b>27</b></p>	<p>SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>28</b></p>

**June 2019**

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