

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

Age Well[®] Senior Services

Home Delivered Menu

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

DONATION: \$7.50

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

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| FISH FILET IN DILL SAUCE BROWN RICE CREAMED SPINACH SWEDISH MEATBALLS OVER NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING 3 | CHICKEN PARMIGIANA SPAGHETTI & SAUCE SPINACH TOSSED SALAD WITH DRESSING EGG SALAD SANDWICH WHEAT BREAD FRESH FRUIT VANILLA PUDDING 4 | SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS APPLESAUCE CHOCOLATE CHIP COOKIES 5 | BREADED CHICKEN PATTY & GRAVY CALIFORNIA BLEND BROCCOLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN ORANGE JUICE APPLESAUCE 6 | ROAST BEEF & GRAVY MASHED POTATOES CHUCKWAGON CORN TURKEY SANDWICH ON WHEAT BREAD COLESLAW GRAHAM CRACKERS FRESH FRUIT 7 |
| SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS RASPBERRY GELATIN 10 | CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA 11 | BARBEQUE CHICKEN BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING TURKEY SANDWICH ON WHEAT BREAD SUGAR COOKIES APPLESAUCE 12 | POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT 13 | SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 14 |
| FISH FILET IN LEMON SAUCE BROWN RICE CARROTS ORANGE JUICE EGG SALAD SANDWICH ON WHEAT BREAD COLESLAW FRESH FRUIT APPLE PIE 17 | MACARONI, HAM & CHEESE SPINACH BAKED TOMATO HALF SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES 18 | TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD PEACHES 19 | TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHEAT BREAD TOMATOES WITH DRESSING POUND CAKE FRESH FRUIT 20 | SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND WHEAT BREAD PEARS 21 |
| SPAGHETTI & MEATBALLS CORN ITALIAN BLEND PORK IN SAVORY HARVEST SAUCE BROWN RICE BROCCOLI PEARS CHOCOLATE CAKE ORANGE PINEAPPLE JUICE 24 | SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES 25 | GLAZED HAM SWEET POTATOES LIMA BEANS CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY ORANGE PINEAPPLE JUICE GRAHAM CRACKERS ÉCLAIR 26 | BAKED CHICKEN SCALLOPED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE FRUITED GELATIN 27 | PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING 28 |



*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

Home Delivered Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

June 2019