

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

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



Home Delivered Menu

KATIE O'MARA, M.S., R.D.

DONATION: \$9.00

A NONPROFIT SERVING ORANGE COUNTY'S SENIORS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<h1>June 2022</h1>				
<p>PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING</p> <p style="text-align: right;">6</p>		<p>MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES</p> <p style="text-align: right;">1</p>		<p>TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES</p> <p style="text-align: right;">2</p>
<p>SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">7</p>		<p>GLAZED HAM SWEET POTATOES LIMA BEANS TURKEY ALA KING PEAS CARROTS GRAHAM CRACKERS</p> <p style="text-align: right;">8</p>		<p>MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD</p> <p style="text-align: right;">3</p>
<p>SPAGHETTI & MEATBALLS CORN ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN</p> <p style="text-align: right;">10</p>				
<p>BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">13</p>		<p>MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE</p> <p style="text-align: right;">14</p>		<p>BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL</p> <p style="text-align: right;">15</p>
<p>ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS SUGAR COOKIES</p> <p style="text-align: right;">16</p>		<p>CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">17</p>		
<p>SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES BBQ PORK RIBLET MASHED POTATOES SPINACH POUND CAKE</p> <p style="text-align: right;">20</p>		<p>LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SPINACH LASAGNA CARROTS ZUCCHINI OATMEAL COOKIES</p> <p style="text-align: right;">22</p>		<p>POLISH SAUSAGE STEWED TOMATOES COUNTRY STYLE HASH BROWNS TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;">23</p>
<p>MEATLOAF & GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES CUT CORN APPLE SAUCE</p> <p style="text-align: right;">21</p>		<p>TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH ORANGE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;">24</p>		
<p>BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING</p> <p style="text-align: right;">27</p>		<p>TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES BROCCOLI CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN</p> <p style="text-align: right;">28</p>		<p>CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES</p> <p style="text-align: right;">30</p>

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

Home Delivered Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<h1>June 2022</h1>				
		ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	BANANA BRAN FLAKES LOW FAT MILK	FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK
		1	2	3
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	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK
6	7	8	9	10
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK
13	14	15	16	17
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK	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
20	21	22	23	24
ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK	BANANA BRAN FLAKES YOGURT LOW FAT MILK	FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	
27	28	29	30	