

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

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



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
<h1>March 2023</h1>				LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SPINACH LASAGNA CARROTS ZUCCHINI OATMEAL COOKIES		POLISH SAUSAGE STEWED TOMATOES COUNTRY STYLE HASH BROWNS TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE		TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH ORANGE CHOCOLATE CHIP COOKIES					
				BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING		TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES BROCCOLI CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN		BARBEQUE BEEF BAKED BEANS HASH BROWN POTATOES SPINACH LASAGNA CARROTS ZUCCHINI FRUIT COCKTAIL		CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES		CHICKEN PARMESAN SPAGHETTI & SAUCE SPINACH BEEF STROGANOFF OVER NOODLES CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES	
				SLICED TURKEY & GRAVY MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN FRESH ORANGE POUND CAKE		CHICKEN MARSALA BROWN RICE BRUSSEL SPROUTS STEWED TOMATOES SALISBURY STEAK WITH GRAVY CARROTS PEAS OATMEAL COOKIES APPLESAUCE		SPINACH CANNELLONI CORN CALIFORNIA BLEND VEGGIES TURKEY ENCHILADA CASSEROLE CARROTS GREEN BEANS WHEAT BREAD FRESH ORANGE TAPIOCA PUDDING		BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING		ROTINI & MEAT SAUCE ITALIAN GREEN BEANS HARVARD BEETS BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS	
				GLAZED HAM SWEET POTATOES LIMA BEANS MACARONI, CHEESE & HAM CREAMED SPINACH CORN CHOCOLATE CHIP COOKIES		MEATLOAF & MUSHROOM GRAVY ITALIAN BLEND VEGETABLES HASH BROWN POTATOES SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES OATMEAL COOKIES ORANGE JUICE		TUNA CASSEROLE PEAS HARVARD BEETS CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA SUGAR COOKIES WHEAT BREAD ORANGE JUICE		BAKED CHICKEN MASHED POTATOES GREEN BEANS FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI CHOCOLATE CHIP COOKIES		CHILI OVER RICE STEWED TOMATOES CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI VANILLA PUDDING	
				CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH BEEF STROGANOFF WITH EGG NOODLES CARROTS PEAS APPLES VANILLA PUDDING		SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES		CHICKEN PATTY & GRAVY CARROTS BROCCOLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE		ROAST BEEF & GRAVY MASHED POTATOES CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI GRAHAM CRACKERS ORANGE		LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES	

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

March 2023



		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
		1	2	3
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	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK
6	7	8	9	10
SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK
13	14	15	16	17
ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK	FRESH ORANGE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK
20	21	22	23	24
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK
27	28	29	30	31