

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

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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
<b>SPAGHETTI &amp; MEATBALLS</b> BROCCOLI ITALIAN BLEND VEGETABLES <b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS VANILLA PUDDING <p style="text-align: right;">3</p>	<b>BARBEQUE CHICKEN</b> SWEET POTATO SUCCOTASH <b>TURKEY ALA KING</b> PEAS CARROTS COOKIES APPLESAUCE <p style="text-align: right;">4</p>	<b>CANNELLONI</b> ITALIAN GREEN BEANS CARROT <b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES BANANA <p style="text-align: right;">5</p>	<b>POLISH SAUSAGE</b> COUNTRY STYLE HASH BROWNS SAUERKRAUT <b>MACARONI SHELLS WITH MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE <p style="text-align: right;">6</p>	<b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>BAKED CHICKEN OVER RICE</b> MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT <p style="text-align: right;">7</p>
<b>SLICED TURKEY AND GRAVY</b> CORN PEAS <b>MEATLOAF WITH BROWN GRAVY</b> MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES <p style="text-align: right;">10</p>	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>CHEESE LASAGNA</b> GREEN BEANS MIXED VEGETABLES FRESH ORANGE CHOCOLATE PUDDING <p style="text-align: right;">11</p>	<b>MACARONI CHEESE &amp; HAM</b> SPINACH STEWED TOMATOES <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS COOKIES <p style="text-align: right;">12</p>	<b>TURKEY ENCHILADA</b> CHUCKWAGON CORN BROWN RICE <b>BAKED CHICKEN OVER BROWN RICE</b> MASHED POTATOES BROCCOLI WHEAT BREAD PEACHES <p style="text-align: right;">13</p>	<b>MEATLOAF WITH TOMATO SAUCE</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD <p style="text-align: right;">14</p>
<b>PORK RIBLET</b> POTATOES O'BRIEN MIXED VEGETABLES <b>TERIYAKI MEATBALLS OVER RICE</b> GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING <p style="text-align: right;">17</p>	<b>SWISS STEAK AND GRAVY</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN COOKIES <p style="text-align: right;">18</p>	<b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>TURKEY ALA KING</b> PEAS CARROTS GRAHAM CRACKERS <p style="text-align: right;">19</p>	<b>BAKED CHICKEN</b> MASHED POTATOES CARROTS <b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING ORANGE JUICE <p style="text-align: right;">20</p>	<b>SPAGHETTI &amp; MEATBALLS</b> CORN ITALIAN BLEND <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN <p style="text-align: right;">21</p>
<b>BEEF STEAK W/ ONION GRAVY</b> MASHED POTATOES GREEN BEANS <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS COOKIES <p style="text-align: right;">24</p>	<b>MACARONI &amp; CHEESE</b> BROCCOLI STEWED TOMATOES <b>FISH STICKS</b> MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE <p style="text-align: right;">25</p>	<b>BBQ BEEF</b> BAKED BEANS HASH BROWNS <b>CHEESE CANNALONI</b> GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL <p style="text-align: right;">26</p>	<b>ROTINI IN A SAVORY MEAT SAUCE</b> ITALIAN BLEND VEGETABLES SPINACH <b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS COOKIES <p style="text-align: right;">27</p>	<b>CHICKEN FETTUCCINI</b> GREEN BEANS HARVARD BEETS <b>CHILI</b> GREEN PEAS CORN & CARROTS COOKIES <p style="text-align: right;">28</p>
	<h1>April 2023</h1>			

\*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

\*\*PORK = PORK

1% MILK OFFERED AT EACH MEAL

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



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