

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
<b>SWISS STEAK</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH POUND CAKE 1	<b>MEATLOAF &amp; GRAVY</b> HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES <b>HONEY MUSTARD HAM</b> SWEET POTATOES CUT CORN APPLE SAUCE 2	<b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI COOKIES 3	<b>POLISH SAUSAGE</b> STEWED TOMATOES COUNTRY STYLE HASH BROWN <b>STUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE 4	<b>TURKEY ENCHILADA CASSEROLE</b> SPANISH RICE BROCCOLI <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES FRESH ORANGE COOKIES 5
<b>BARBEQUE CHICKEN</b> MASHED POTATOES CREAMED SPINACH <b>MACARONI SHELLS IN MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING 8	<b>TERIYAKI MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES BROCCOLI <b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES CORN 9	<b>BARBEQUE BEEF</b> BAKED BEANS HASH BROWN POTATOES <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI FRUIT COCKTAIL 10	<b>CHICKEN PRIMAVERA CASSEROLE</b> ITALIAN BLEND VEGETABLES GREEN BEANS <b>MEATLOAF &amp; TOMATO SAUCE</b> GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS COOKIES 11	<b>CHICKEN PARMESAN</b> SPAGHETTI & SAUCE SPINACH <b>BEEF STROGANOFF OVER NOODLES</b> CARROTS GREEN BEANS FRESH FRUIT COOKIES 12
<b>SLICED TURKEY &amp; GRAVY</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN FRESH ORANGE POUND CAKE 15	<b>CHICKEN MARSALA</b> BROWN RICE BRUSSEL SPROUTS STEWED TOMATOES <b>SALISBURY STEAK WITH GRAVY</b> CARROTS PEAS COOKIES APPLE SAUCE 16	<b>SPINACH CANNELLONI</b> CORN CALIFORNIA BLEND VEGGIES <b>TURKEY ENCHILADA CASSEROLE</b> CARROTS GREEN BEANS WHEAT BREAD FRESH ORANGE TAPIOCA PUDDING 17	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>TERIYAKI CHICKEN OVER RICE</b> PEAS ASIAN VEGETABLES CHOCOLATE PUDDING 18	<b>ROTINI &amp; MEAT SAUCE</b> ITALIAN GREEN BEANS HARVARD BEETS <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS 19
<b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN COOKIES 22	<b>MEATLOAF &amp; MUSHROOM GRAVY</b> ITALIAN BLEND VEGETABLES HASH BROWN POTATOES <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES COOKIES ORANGE JUICE 23	<b>TUNA CASSEROLE</b> PEAS HARVARD BEETS <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA COOKIES WHEAT BREAD ORANGE JUICE 24	<b>BAKED CHICKEN</b> MASHED POTATOES GREEN BEANS <b>FISH WITH MEXICANA SAUCE OVER RICE</b> CORN ZUCCHINI COOKIES 25	<b>CHILI OVER RICE</b> STEWED TOMATOES CHUCKWAGON CORN <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI VANILLA PUDDING 26
Holiday Observance  Memorial Day 29	<b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLE SAUCE COOKIES 30	<b>CHICKEN PATTY &amp; GRAVY</b> CARROTS BROCCOLI <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN APPLE SAUCE 31	<h1>May 2023</h1>	

\*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

\*\*PORK = PORK

1% MILK OFFERED AT EACH MEAL

This project in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE  <b>1</b>	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>2</b>	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  <b>3</b>	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>4</b>	SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK  <b>5</b>
ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>8</b>	BANANA BRAN FLAKES YOGURT LOW FAT MILK  <b>9</b>	FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  <b>10</b>	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK  <b>11</b>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  <b>12</b>
SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK  <b>15</b>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>16</b>	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  <b>17</b>	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  <b>18</b>	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK  <b>19</b>
ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>22</b>	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>23</b>	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK  <b>24</b>	FRESH ORANGE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>25</b>	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK  <b>26</b>
<b>Holiday Observance</b>  <b>Memorial Day</b>  <b>29</b>	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK  <b>30</b>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>31</b>	<b>May 2023</b>	

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