

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE
 MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)
 1% MILK OFFERED AT EACH MEAL



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
 *ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY **PORK = PORK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SEPTEMBER 2023

TURKEY MEATLOAF WITH TOMATO SAUCE
 MASHED POTATOES
 BROCCOLI
MACARONI AND CHEESE
 SPINACH
 CORN
 POUND CAKE
 FRESH FRUIT
 WHEAT BREAD 1

Labor Day 4

SWISS STEAK AND GRAVY
 MASHED POTATOES
 CAPRI BLEND VEGETABLES
TUNA NOODLE CASSEROLE
 PEAS
 CREAMED CORN
 COOKIES 5

GLAZED HAM
 SWEET POTATOES
 LIMA BEANS
BARBECUE CHICKEN OVER BROWN RICE
 MASHED POTATOES
 SPINACH
 GRAHAM CRACKERS 6

GRILLED CHICKEN OVER BROWN RICE & GRAVY
 MASHED POTATOES
 CARROTS
ROTINI IN MEAT SAUCE
 MIXED VEGETABLES
 ITALIAN GREEN BEANS
 CHOCOLATE PUDDING
 FRUIT CUP 7

SPAGHETTI & MEATBALLS
 SPINACH
 ITALIAN BLEND
CHICKEN CORDON BLEU
 BROWN RICE
 CALIFORNIA BLEND VEGETABLES
 CORN 8

BEEF STEAK W/ ONION GRAVY
 MASHED POTATOES
 BRUSSELL SPROUTS
CHICKEN RANCHERO
 SPANISH RICE
 PINTO BEANS
 MIXED VEGETABLES
 SLICED PEARS
 COOKIES 11

MACARONI & CHEESE
 BROCCOLI
 STEWED TOMATOES
FISH STICKS
 MASHED POTATOES
 MIXED VEGETABLES
 WHEAT BREAD
 APPLESAUCE 12

BBQ BEEF
 BAKED BEANS
 HASH BROWNS
CHEESE CANNALONI
 GREEN BEANS
 PEAS AND CORN
 COOKIES
 FRUIT COCKTAIL 13

ROTINI IN A SAVORY MEAT SAUCE
 ITALIAN BLEND VEGETABLES
 SPINACH
PINEAPPLE GLAZED HAM
 MASHED POTATOES
 GREEN BEANS
 COOKIES 14

CHICKEN FETTUCCHINI
 BROCCOLI
 HARVARD BEETS
CHILI
 GREEN PEAS
 CORN & CARROTS
 COOKIES 15

SWISS STEAK
 MASHED POTATOES
 CAPRI BLEND VEGETABLES
SPINACH LASAGNA
 CARROTS
 ZUCCHINI
 POUND CAKE 18

MEATLOAF & MUSHROOM GRAVY
 HASH BROWN POTATOES
 CALIFORNIA BLEND VEGETABLES
HONEY MUSTARD HAM
 SWEET POTATOES
 CUT CORN
 APPLE SAUCE 19

LEMON ROSEMARY CHICKEN
 CREAMED SPINACH
 BRUSSELS SPROUTS
BBQ PORK RIBLET
 MASHED POTATOES
 SPINACH
 COOKIES
 FRUIT CUP 20

POLISH SAUSAGE
 STEWED TOMATOES
 COUNTRY STYLE HASH BROWNS
TUNA NOODLE CASSEROLE
 PEAS
 CREAMED CORN
 FRESH FRUIT
 WHEAT BREAD
 ORANGE JUICE 21

TURKEY ENCHILADA CASSEROLE
 SPANISH RICE
 BROCCOLI
CHICKEN CACCIATORE OVER ROTINI
 SPINACH & MIXED VEGETABLES
 FRESH ORANGE
 COOKIES 22

CHICKEN PARMESAN
 SPAGHETTI
 CREAMED SPINACH
CHICKEN RANCHERO
 SPANISH RICE
 PINTO BEANS
 MIXED VEGETABLES
 APPLES
 VANILLA PUDDING 25

SALISBURY STEAK & GRAVY
 HASH BROWN POTATOES
 HARVARD BEETS
CHEESE CANNELLONI
 GREEN BEANS
 PEAS & CARROTS
 WHEAT BREAD
 APPLESAUCE
 COOKIES 26

CHICKEN PATTY & GRAVY
 CARROTS
 BROCCOLI
MACARONI, CHEESE & HAM
 CREAMED SPINACH
 CORN
 APPLESAUCE 27

ROAST BEEF & GRAVY
 MASHED POTATOES
 SCANDINAVIAN BLEND
SCRAMBLED EGGS WITH HAM
 HASH BROWN POTATOES
 CINNAMON APPLES
 GRAHAM CRACKERS
 ORANGE JUICE 28

LEMON ROSEMARY CHICKEN
 CREAMED SPINACH
 BRUSSELS SPROUTS
SWEDISH MEATBALLS OVER EGG NOODLES
 MIXED VEGETABLES
 PEAS
 COOKIES 29

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Depart. of Agriculture.
 Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded 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
 <h1 style="font-size: 4em; margin: 0;">SEPTEMBER 2023</h1>				FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK <div style="text-align: right;">1</div>
 <h2 style="font-size: 2em; margin: 0;">Labor Day</h2> <div style="text-align: right;">4</div>	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK <div style="text-align: right;">5</div>	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK <div style="text-align: right;">6</div>	BANANA TOASTED OATS YOGURT LOW FAT MILK <div style="text-align: right;">7</div>	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK <div style="text-align: right;">8</div>
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK <div style="text-align: right;">11</div>	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK <div style="text-align: right;">12</div>	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK <div style="text-align: right;">13</div>	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK <div style="text-align: right;">14</div>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK <div style="text-align: right;">15</div>
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE <div style="text-align: right;">18</div>	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK <div style="text-align: right;">19</div>	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK <div style="text-align: right;">20</div>	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK <div style="text-align: right;">21</div>	SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK <div style="text-align: right;">22</div>
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK <div style="text-align: right;">25</div>	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK <div style="text-align: right;">26</div>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK <div style="text-align: right;">27</div>	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK <div style="text-align: right;">28</div>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK <div style="text-align: right;">29</div>