

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
SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING <p style="text-align: right;">2</p>	BARBEQUE CHICKEN SWEET POTATO SUCCOTASH FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI COOKIES APPLESAUCE <p style="text-align: right;">3</p>	CANNELLONI ITALIAN GREEN BEANS CARROT BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA <p style="text-align: right;">4</p>	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE <p style="text-align: right;">5</p>	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT <p style="text-align: right;">6</p>
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES <p style="text-align: right;">9</p>	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI FRESH ORANGE CHOCOLATE PUDDING <p style="text-align: right;">10</p>	MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES <p style="text-align: right;">11</p>	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES WHEAT BREAD PEACHES <p style="text-align: right;">12</p>	TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD <p style="text-align: right;">13</p>
SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING <p style="text-align: right;">16</p>	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES <p style="text-align: right;">17</p>	GLAZED HAM SWEET POTATOES LIMA BEANS BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES SPINACH GRAHAM CRACKERS <p style="text-align: right;">18</p>	GRILLED CHICKEN OVER BROWN RICE & GRAVY MASHED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING FRUIT CUP <p style="text-align: right;">19</p>	SPAGHETTI & MEATBALLS SPINACH ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN <p style="text-align: right;">20</p>
BEEF STEAK W/ ONION GRAVY MASHED POTATOES BRUSSELL SPROUTS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS COOKIES <p style="text-align: right;">23</p>	MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE <p style="text-align: right;">24</p>	BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL <p style="text-align: right;">25</p>	ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS COOKIES <p style="text-align: right;">26</p>	CHICKEN FETTUCCINI BROCCOLI HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS COOKIES <p style="text-align: right;">27</p>
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES SPINACH LASAGNA CARROTS ZUCCHINI POUND CAKE <p style="text-align: right;">30</p>	MEATLOAF & MUSHROOM GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES CUT CORN APPLE SAUCE <p style="text-align: right;">31</p>			

OCTOBER 2023

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. Department 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
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 2	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 3	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 4	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 5	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 6
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 9	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 10	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 11	BANANA BRAN FLAKES LOW FAT MILK 12	FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 13
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 16	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK 17	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 18	BANANA TOASTED OATS YOGURT LOW FAT MILK 19	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 20
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 23	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 24	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 25	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 26	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 27
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE 30	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 31	 <h1>OCTOBER 2023</h1>		