

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



# December 2023



<p><b>BEEF STEAK W/ ONION GRAVY</b>          MASHED POTATOES          BRUSSELL SPROUTS  <b>CHICKEN RANCHERO</b>          SPANISH RICE          PINTO BEANS          MIXED VEGETABLES          SLICED PEARS          COOKIES</p> <p style="text-align: right;">4</p>	<p><b>MACARONI &amp; CHEESE</b>          BROCCOLI          STEWED TOMATOES  <b>FISH STICKS</b>          MASHED POTATOES          MIXED VEGETABLES          WHEAT BREAD          APPLESAUCE</p> <p style="text-align: right;">5</p>	<p><b>BBQ BEEF</b>          BAKED BEANS          HASH BROWNS  <b>CHEESE CANNALONI</b>          GREEN BEANS          PEAS AND CORN          COOKIES          FRUIT COCKTAIL</p> <p style="text-align: right;">6</p>	<p><b>ROTINI IN A SAVORY MEAT SAUCE</b>          ITALIAN BLEND VEGETABLES          SPINACH  <b>PINEAPPLE GLAZED HAM</b>          MASHED POTATOES          GREEN BEANS          COOKIES</p> <p style="text-align: right;">7</p>	<p><b>SPAGHETTI &amp; MEATBALLS</b>          SPINACH          ITALIAN BLEND  <b>CHICKEN CORDON BLEU</b>          BROWN RICE          CALIFORNIA BLEND VEGETABLES          CORN</p> <p style="text-align: right;">1</p> <p><b>HAPPY HANUKKAH</b>  <b>CHICKEN FETTUCCINI</b>          BROCCOLI          HARVARD BEETS  <b>CHILI</b>          GREEN PEAS          CORN &amp; CARROTS          COOKIES</p> <p style="text-align: right;">8</p>
<p><b>SWISS STEAK</b>          MASHED POTATOES          CAPRI BLEND VEGETABLES  <b>SPINACH LASAGNA</b>          CARROTS          ZUCCHINI          POUND CAKE</p> <p style="text-align: right;">11</p>	<p><b>MEATLOAF &amp; MUSHROOM GRAVY</b>          HASH BROWN POTATOES          CALIFORNIA BLEND VEGETABLES  <b>HONEY MUSTARD HAM</b>          SWEET POTATOES          CUT CORN          APPLE SAUCE</p> <p style="text-align: right;">12</p>	<p><b>LEMON ROSEMARY CHICKEN</b>          CREAMED SPINACH          BRUSSELS SPROUTS  <b>BBQ PORK RIBLET</b>          MASHED POTATOES          SPINACH          COOKIES          FRUIT CUP</p> <p style="text-align: right;">13</p>	<p><b>POLISH SAUSAGE</b>          STEWED TOMATOES          COUNTRY STYLE HASH BROWNS  <b>TUNA NOODLE CASSEROLE</b>          PEAS          CREAMED CORN          FRESH FRUIT          WHEAT BREAD          ORANGE JUICE</p> <p style="text-align: right;">14</p>	<p><b>TURKEY ENCHILADA CASSEROLE</b>          SPANISH RICE          BROCCOLI  <b>CHICKEN CACCIATORE OVER ROTINI</b>          SPINACH          MIXED VEGETABLES          FRESH ORANGE          COOKIES</p> <p style="text-align: right;">15</p>
<p><b>CHICKEN PARMESAN</b>          SPAGHETTI          CREAMED SPINACH  <b>CHICKEN RANCHERO</b>          SPANISH RICE          PINTO BEANS          MIXED VEGETABLES          APPLES          VANILLA PUDDING</p> <p style="text-align: right;">18</p>	<p><b>SALISBURY STEAK &amp; GRAVY</b>          HASH BROWN POTATOES          HARVARD BEETS  <b>CHEESE CANNELLONI</b>          GREEN BEANS          PEAS &amp; CARROTS          WHEAT BREAD          APPLESAUCE          COOKIES</p> <p style="text-align: right;">19</p>	<p><b>CHICKEN PATTY &amp; GRAVY</b>          CARROTS          BROCCOLI  <b>MACARONI, CHEESE &amp; HAM</b>          CREAMED SPINACH          CORN          APPLESAUCE</p> <p style="text-align: right;">20</p>	<p><b>ROAST BEEF &amp; GRAVY</b>          MASHED POTATOES          SCANDINAVIAN BLEND  <b>SCRAMBLED EGGS WITH HAM</b>          HASH BROWN POTATOES          CINNAMON APPLES          GRAHAM CRACKERS          ORANGE JUICE</p> <p style="text-align: right;">21</p>	<p><b>ROAST TURKEY &amp; GRAVY</b>          STUFFING/YAMS          GREEN BEANS          CRANBERRY SAUCE          DINNER ROLL          PUMPKIN PIE  <b>SWEDISH MEATBALLS OVER EGG NOODLES</b>          MIXED VEGETABLES          PEAS</p> <p style="text-align: right;">22</p>
<p><b>BARBEQUE CHICKEN</b>          SWEET POTATO          SUCCOTASH  <b>FISH WITH MEXICANA SAUCE OVER RICE</b>          CORN          ZUCCHINI          COOKIES          APPLESAUCE</p> <p style="text-align: right;">25</p>	<p><b>CANNELLONI</b>          ITALIAN GREEN BEANS          CARROT  <b>BREADED FISH FILETS</b>          CUBED POTATOES          MIXED VEGETABLES          BANANA</p> <p style="text-align: right;">26</p>	<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> <p style="text-align: right;">27</p>	<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> <p style="text-align: right;">28</p>	<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> <p style="text-align: right;">29</p>



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.

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

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

1% MILK OFFERED AT EACH MEAL

# Age Well®

Orange County's partner in aging



## Home Delivered Breakfast

CHRIS HERNANDEZ, RDN

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

# December 2023



<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">4</p>	<p>ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">5</p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;">6</p>	<p>ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">7</p>	<p>FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">8</p>
<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE</p> <p style="text-align: right;">11</p>	<p>BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">12</p>	<p>FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">13</p>	<p>ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">14</p>	<p>SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">15</p>
<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">18</p>	<p>ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK</p> <p style="text-align: right;">19</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">20</p>	<p>PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">21</p>	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">22</p>
<p> Merry Christmas</p> <p style="text-align: right;">25</p>	<p>ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">26</p>	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">27</p>	<p>APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">28</p>	<p>WAFFLES SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">29</p>

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. Dept. of Agriculture.

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