

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



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

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|--|--|---|--|--|--|--|
| <h1>February 2024</h1> | | | | | | |
| SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING <p style="text-align: right;">5</p> | | BARBEQUE CHICKEN SWEET POTATO SUCCOTASH FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI COOKIES APPLESAUCE <p style="text-align: right;">6</p> | | CANNELLONI ITALIAN GREEN BEANS CARROT BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA <p style="text-align: right;">7</p> | ROAST BEEF & GRAVY MASHED POTATOES SCANIDINAVIAN BLEND SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES GRAHAM CRACKERS ORANGE JUICE <p style="text-align: right;">1</p> | LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES <p style="text-align: right;">2</p> |
| PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES <p style="text-align: right;">12</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;">13</p> | | MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES <p style="text-align: right;">14</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;">8</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;">9</p> |
|  <p style="text-align: center;">President's Day</p> <p style="text-align: right;">19</p> | | SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES <p style="text-align: right;">20</p> | | GLAZED HAM SWEET POTATOES LIMA BEANS BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES SPINACH GRAHAM CRACKERS <p style="text-align: right;">21</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;">22</p> | SPAGHETTI & MEATBALLS SPINACH ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN <p style="text-align: right;">23</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;">26</p> | | MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE <p style="text-align: right;">27</p> | | BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL <p style="text-align: right;">28</p> | ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS COOKIES <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.
 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.

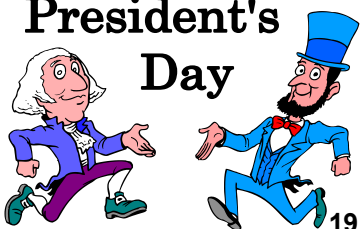
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | | | |
|---|--|---|--|---|--|---|
| <h1>February 2024</h1> | | | | | PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK <p style="text-align: right;">1</p> | ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK <p style="text-align: right;">2</p> |
| FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK <p style="text-align: right;">5</p> | ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK <p style="text-align: right;">6</p> | ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK <p style="text-align: right;">7</p> | APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK <p style="text-align: right;">8</p> | WAFFLES SYRUP MARGARINE (2) LOW FAT MILK <p style="text-align: right;">9</p> | | |
| ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK <p style="text-align: right;">12</p> | FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK <p style="text-align: right;">13</p> | ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK <p style="text-align: right;">14</p> | BANANA BRAN FLAKES LOW FAT MILK <p style="text-align: right;">15</p> | FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK <p style="text-align: right;">16</p> | | |
| <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <h3>President's Day</h3>  </div> <div style="flex: 4;"> ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK <p style="text-align: right;">20</p> </div> </div> | ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK <p style="text-align: right;">21</p> | BANANA TOASTED OATS YOGURT LOW FAT MILK <p style="text-align: right;">22</p> | FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK <p style="text-align: right;">23</p> | | | |
| FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK <p style="text-align: right;">26</p> | ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK <p style="text-align: right;">27</p> | ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK <p style="text-align: right;">28</p> | ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK <p style="text-align: right;">29</p> |  | | |