

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


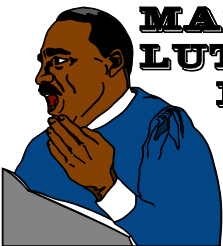
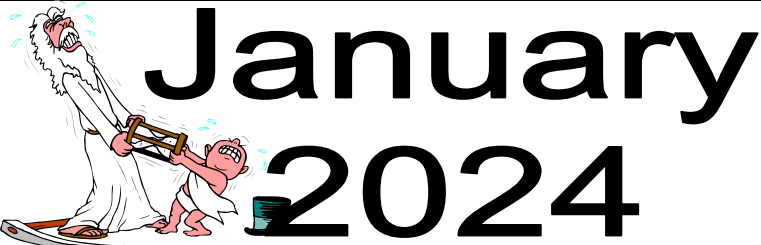


Age Well®


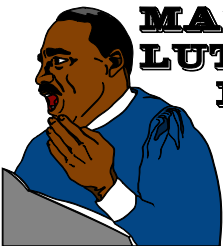
Orange County's partner in aging

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
 1	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI FRESH ORANGE CHOCOLATE PUDDING 2	MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES 3	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES WHEAT BREAD PEACHES 4	TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD 5
SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING 8	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES 9	GLAZED HAM SWEET POTATOES LIMA BEANS BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES SPINACH GRAHAM CRACKERS 10	GRILLED CHICKEN OVER BROWN RICE & GRAVY MASHED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING FRUIT CUP 11	SPAGHETTI & MEATBALLS SPINACH ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN 12
 MARTIN LUTHER KING DAY 15	MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE 16	BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL 17	ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS COOKIES 18	CHICKEN FETTUCCINI BROCCOLI HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS COOKIES 19
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES SPINACH LASAGNA CARROTS ZUCCHINI POUND CAKE 22	MEATLOAF & MUSHROOM GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES CUT CORN APPLE SAUCE 23	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS BBQ PORK RIBLET MASHED POTATOES SPINACH COOKIES FRUIT CUP 24	POLISH SAUSAGE STEWED TOMATOES COUNTRY STYLE HASH BROWNS TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE 25	TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH ORANGE COOKIES 26
CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING 29	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES 30	CHICKEN PATTY & GRAVY CARROTS BROCCOLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE 31		

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.
 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
 <p>1</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p>2</p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p>3</p>	<p>BANANA BRAN FLAKES LOW FAT MILK</p> <p>4</p>	<p>FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p>5</p>
<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p>8</p>	<p>ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK</p> <p>9</p>	<p>ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p>10</p>	<p>BANANA TOASTED OATS YOGURT LOW FAT MILK</p> <p>11</p>	<p>FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK</p> <p>12</p>
 <p>15</p>	<p>ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p>16</p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p>17</p>	<p>ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p>18</p>	<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p>19</p>
<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE</p> <p>22</p>	<p>BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p>23</p>	<p>FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK</p> <p>24</p>	<p>ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p>25</p>	<p>SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK</p> <p>26</p>
<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p>29</p>	<p>ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK</p> <p>30</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p>31</p>	