

OUR MENUS, PER MEAL,
AVERAGE 500-700
CALORIES, AND LESS THAN 900
MG OF SODIUM, EXCLUDING
SPECIAL EVENT MEALS
(CONDIMENTS NOT INCLUDED)
MEALS WITH MORE THAN
1000 MG OF SODIUM

Age Well®

Orange County's partner in aging

Lunch Menu

CHRIS HERNANDEZ, RDN.
SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: 5.50
COST - 60 YEARS OR YOUNGER: \$7.50
AWSS RESERVES THE RIGHT TO MAKE
SUBSTITUTES WITHOUT NOTICE
ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY
**PORK = PORK
1% MILK OFFERED AT EACH MEAL
FRUIT IS AVAILABLE FOR DIABETICS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



March 2024



CHICKEN FETTUCCINI
BROCCOLI
HARVARD BEETS
COOKIES
FRESH ORANGE

1

SWISS STEAK
MASHED POTATOES
CAPRI BLEND VEGETABLES
POUND CAKE
WHEAT BREAD
ORANGE JUICE

4

MEATLOAF & MUSHROOM GRAVY
HASH BROWN POTATOES
CALIFORNIA BLEND
VEGETABLES
APPLE SAUCE
WHEAT BREAD
ORANGE JUICE

5

LEMON ROSEMARY CHICKEN
CREAMED SPINACH
BRUSSELS SPROUTS
WHEAT BREAD
COOKIES

6

POLISH SAUSAGE
STEWED TOMATOES
COUNTRY STYLE HASH
BROWNS
WHEAT BREAD
FRESH ORANGE

7

TURKEY ENCHILADA CASSEROLE
SPANISH RICE
BROCCOLI
APPLES
ORANGE JUICE

8

CHICKEN PARMESAN
SPAGHETTI
CREAMED SPINACH
APPLES
VANILLA PUDDING
ORANGE JUICE

11

SALISBURY STEAK & GRAVY
HASH BROWN POTATOES
HARVARD BEETS
WHEAT BREAD
COOKIES
ORANGE JUICE

12

CHICKEN PATTY & GRAVY
CARROTS
BROCCOLI
WHEAT BREAD
FRESH ORANGE

13

ROAST BEEF & GRAVY
MASHED POTATOES
SCANDINAVIAN BLEND
GRAHAM CRACKER
ORANGE JUICE

14

LEMON ROSEMARY CHICKEN
CREAMED SPINACH
BRUSSELS SPROUTS
WHEAT BREAD
COOKIES

15

SPAGHETTI & MEATBALLS
BROCCOLI
ITALIAN BLEND
VEGETABLES
VANILLA PUDDING
ORANGE JUICE

18

BARBEQUE CHICKEN
SWEET POTATOES
SUCCOTASH
COOKIES
CANTALOUPE

19

CANNELLONI
ITALIAN GREEN BEANS
CARROT
BANANA
ORANGE JUICE

20

POLISH SAUSAGE
COUNTRY STYLE HASH
BROWNS
SAUERKRAUT
WHEAT BREAD
FRESH ORANGE

21

SALISBURY STEAK & GRAVY
HASH BROWN POTATOES
HARVARD BEETS
GRAHAM CRACKERS
APPLES
ORANGE JUICE

22

PORK RIBLET
POTATOES O'BRIEN
MIXED VEGETABLES
PEACHES
WHEAT BREAD
ORANGE JUICE

25

BEEF STEAK & ONION GRAVY
MASHED POTATOES
CREAMED SPINACH
WHEAT BREAD
CHOCOLATE PUDDING
ORANGE JUICE

26

MACARONI CHEESE & HAM
SPINACH
STEWED TOMATOES
COOKIES
ORANGE JUICE

27

TURKEY ENCHILADA
CHUCKWAGON CORN
BROWN RICE
PEACHES
ORANGE JUICE

28

TURKEY MEATLOAF WITH TOMATO SAUCE
MASHED POTATOES
BROCCOLI
POUND CAKE
WHEAT BREAD
ORANGE JUICE

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.