

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



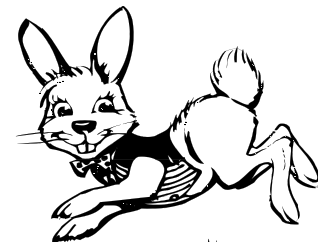
Age Well®

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
SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING <p style="text-align: right;">1</p>	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES <p style="text-align: right;">2</p>	GLAZED HAM SWEET POTATOES LIMA BEANS BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES SPINACH GRAHAM CRACKERS <p style="text-align: right;">3</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;">4</p>	SPAGHETTI & MEATBALLS SPINACH ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN <p style="text-align: right;">5</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;">8</p>	MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE <p style="text-align: right;">9</p>	BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL <p style="text-align: right;">10</p>	ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS COOKIES <p style="text-align: right;">11</p>	CHICKEN FETTUCCINI BROCCOLI HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS COOKIES <p style="text-align: right;">12</p>
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES SPINACH LASAGNA CARROTS ZUCCHINI POUND CAKE <p style="text-align: right;">15</p>	MEATLOAF & MUSHROOM GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES CUT CORN APPLE SAUCE <p style="text-align: right;">16</p>	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS BBQ PORK RIBLET MASHED POTATOES SPINACH COOKIES FRUIT CUP <p style="text-align: right;">17</p>	POLISH SAUSAGE STEWED TOMATOES COUNTRY STYLE HASH BROWNS TUNA NOODLE CASSEROLE PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE <p style="text-align: right;">18</p>	TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH ORANGE COOKIES <p style="text-align: right;">19</p>
CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING <p style="text-align: right;">22</p>	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES <p style="text-align: right;">23</p>	CHICKEN PATTY & GRAVY CARROTS BROCOLLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE <p style="text-align: right;">24</p>	ROAST BEEF & GRAVY MASHED POTATOES SCANDINAVIAN BLEND SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES GRAHAM CRACKERS ORANGE JUICE <p style="text-align: right;">25</p>	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES <p style="text-align: right;">26</p>
SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING <p style="text-align: right;">29</p>	BARBEQUE CHICKEN SWEET POTATO SUCCOTASH FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI COOKIES APPLESAUCE <p style="text-align: right;">30</p>	<h1 style="font-family: cursive;">April 2024</h1>		



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.

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1% MILK OFFERED AT EACH MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 1	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK 2	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 3	BANANA TOASTED OATS YOGURT LOW FAT MILK 4	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 5
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 8	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 9	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 10	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 11	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 12
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE 15	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 16	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 17	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK 18	SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK 19
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 22	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK 23	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 24	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 25	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK 26
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 29	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 30	<p><i>April 2024</i></p> 		

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