

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

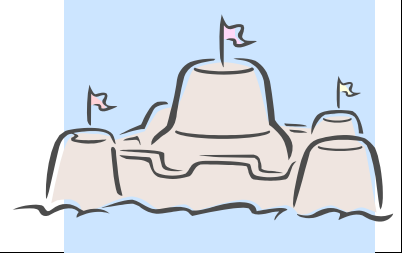
Home Delivered Menu

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
CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING 3	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES 4	CHICKEN PATTY & GRAVY CARROTS BROCCOLI MACARONI, CHEESE & TURKEY CREAMED SPINACH CORN APPLESAUCE 5	ROAST BEEF & GRAVY MASHED POTATOES SCANIDINAVIAN BLEND SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES GRAHAM CRACKERS ORANGE JUICE 6	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES 7
SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED TURKEY MASHED POTATOES GREEN BEANS VANILLA PUDDING 10	BARBEQUE CHICKEN SWEET POTATO SUCCOTASH FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI COOKIES APPLESAUCE 11	CANNELLONI ITALIAN GREEN BEANS CARROT BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA 12	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE 13	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 14
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES 17	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI FRESH ORANGE CHOCOLATE PUDDING 18	MACARONI CHEESE & TURKEY SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES 19	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES WHEAT BREAD PEACHES 20	TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD 21
SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING 24	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES 25	GLAZED TURKEY SWEET POTATOES LIMA BEANS BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES SPINACH GRAHAM CRACKERS 26	GRILLED CHICKEN OVER BROWN RICE & GRAVY MASHED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING FRUIT CUP 27	SPAGHETTI & MEATBALLS SPINACH ITALIAN BLEND CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN 28



June 2024



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 California Department of Aging and administered by the Orange County Office on Aging.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 3	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK 4	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 5	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 6	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK 7
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 10	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 11	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 12	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 13	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 14
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 17	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 18	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 19	BANANA BRAN FLAKES LOW FAT MILK 20	FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 21
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 24	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK 25	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 26	BANANA TOASTED OATS YOGURT LOW FAT MILK 27	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 28



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