

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
 **PORK = PORK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May 2024

PORK RIBLET
 POTATOES O'BRIEN
 MIXED VEGETABLES
MEATLOAF WITH BROWN GRAVY
 MASHED POTATOES
 CALIFORNIA BLEND VEGGIES
 PEACHES

6

BEEF STEAK & ONION GRAVY
 MASHED POTATOES
 CREAMED SPINACH
BAKED CHICKEN OVER BROWN RICE
 MASHED POTATOES
 BROCCOLI
 FRESH ORANGE
 CHOCOLATE PUDDING

7

CANNELLONI
 ITALIAN GREEN BEANS
 CARROT
BREADED FISH FILETS
 CUBED POTATOES
 MIXED VEGETABLES
 BANANA

1

POLISH SAUSAGE
 COUNTRY STYLE HASH BROWNS
 SAUERKRAUT
MACARONI SHELLS WITH MEAT SAUCE
 ITALIAN BLEND VEGETABLES
 CORN
 FRESH FRUIT
 ORANGE JUICE

2

SALISBURY STEAK & GRAVY
 HASH BROWN POTATOES
 HARVARD BEETS
BAKED CHICKEN OVER RICE
 MASHED POTATOES
 BROCCOLI
 GRAHAM CRACKERS
 FRESH FRUIT

3

SLICED TURKEY AND GRAVY
 MASHED POTATOES
 BROCCOLI
TERIYAKI MEATBALLS OVER RICE
 GREEN BEANS
 CARROTS
 WHEAT BREAD
 CHOCOLATE PUDDING

13

SWISS STEAK AND GRAVY
 MASHED POTATOES
 CAPRI BLEND VEGETABLES
TUNA NOODLE CASSEROLE
 PEAS
 CREAMED CORN
 COOKIES

14

GLAZED TURKEY
 SWEET POTATOES
 LIMA BEANS
BARBECUE CHICKEN OVER BROWN RICE
 MASHED POTATOES
 SPINACH
 GRAHAM CRACKERS

15

GRILLED CHICKEN OVER BROWN RICE & GRAVY
 MASHED POTATOES
 CARROTS
ROTINI IN MEAT SAUCE
 MIXED VEGETABLES
 ITALIAN GREEN BEANS
 CHOCOLATE PUDDING
 FRUIT CUP

16

SPAGHETTI & MEATBALLS
 SPINACH
 ITALIAN BLEND
CHICKEN CORDON BLEU
 BROWN RICE
 CALIFORNIA BLEND VEGETABLES
 CORN

17

BEEF STEAK W/ ONION GRAVY
 MASHED POTATOES
 BRUSSELL SPROUTS
CHICKEN RANCHERO
 SPANISH RICE
 PINTO BEANS
 MIXED VEGETABLES
 SLICED PEARS
 COOKIES

20

MACARONI & CHEESE
 BROCCOLI
 STEWED TOMATOES
FISH STICKS
 MASHED POTATOES
 MIXED VEGETABLES
 WHEAT BREAD
 APPLESAUCE

21

BBQ BEEF
 BAKED BEANS
 HASH BROWNS
CHEESE CANNALONI
 GREEN BEANS
 PEAS AND CORN
 COOKIES
 FRUIT COCKTAIL

22

ROTINI IN A SAVORY MEAT SAUCE
 ITALIAN BLEND VEGETABLES
 SPINACH
PINEAPPLE GLAZED TURKEY
 MASHED POTATOES
 GREEN BEANS
 COOKIES

23

CHICKEN FETTUCCINI
 BROCCOLI
 HARVARD BEETS
CHILI
 GREEN PEAS
 CORN & CARROTS
 COOKIES

24

 **MEMORIAL DAY**

27

MEATLOAF & MUSHROOM GRAVY
 HASH BROWN POTATOES
 CALIFORNIA BLEND VEGETABLES
HONEY MUSTARD TURKEY
 SWEET POTATOES
 CUT CORN
 APPLE SAUCE

28

LEMON ROSEMARY CHICKEN
 CREAMED SPINACH
 BRUSSELS SPROUTS
BBQ PORK RIBLET
 MASHED POTATOES
 SPINACH
 COOKIES
 FRUIT CUP

29


POLISH SAUSAGE
 STEWED TOMATOES
 COUNTRY STYLE HASH BROWNS
TUNA NOODLE CASSEROLE
 PEAS
 CREAMED CORN
 FRESH FRUIT
 WHEAT BREAD
 ORANGE JUICE

30

TURKEY ENCHILADA CASSEROLE
 SPANISH RICE AND BROCCOLI
CHICKEN CACCIATORE OVER ROTINI
 SPINACH
 MIXED VEGETABLES
 FRESH ORANGE
 COOKIES

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. 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>May 2024</h1>				
		ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK
		1	2	3
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	BANANA BRAN FLAKES LOW FAT MILK	FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK
6	7	8	9	10
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	BANANA TOASTED OATS YOGURT LOW FAT MILK	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK
13	14	15	16	17
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK
20	21	22	23	24
 MEMORIAL DAY	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK	SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK
27	28	29	30	31