

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

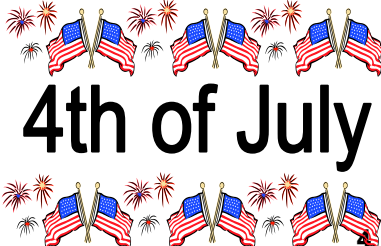



# Age Well®

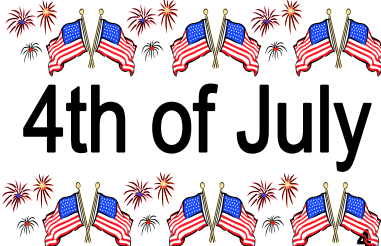
Orange County's partner in aging

# 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
<b>BEEF STEAK W/ ONION GRAVY</b> MASHED POTATOES BRUSSELL SPROUTS <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS COOKIES 1	<b>MACARONI &amp; CHEESE</b> BROCCOLI STEWED TOMATOES <b>FISH STICKS</b> MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE 2	<b>BBQ BEEF</b> BAKED BEANS HASH BROWNS <b>CHEESE CANNALONI</b> GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL 3	 <p><b>4th of July</b></p>	<b>CHICKEN FETTUCCINI</b> BROCCOLI HARVARD BEETS <b>CHILI</b> GREEN PEAS CORN & CARROTS COOKIES 5
<b>SWISS STEAK</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI POUND CAKE 8	<b>MEATLOAF &amp; MUSHROOM GRAVY</b> HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES <b>HONEY MUSTARD HAM</b> SWEET POTATOES CUT CORN APPLE SAUCE 9	<b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH COOKIES FRUIT CUP 10	<b>POLISH SAUSAGE</b> STEWED TOMATOES COUNTRY STYLE HASH BROWNS <b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE 11	<b>TURKEY ENCHILADA CASSEROLE</b> SPANISH RICE BROCCOLI <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES FRESH ORANGE COOKIES 12
<b>CHICKEN PARMESAN</b> SPAGHETTI CREAMED SPINACH <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING 15	<b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES 16	<b>CHICKEN PATTY &amp; GRAVY</b> CARROTS BROCOLLI <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN APPLESAUCE 17	<b>ROAST BEEF &amp; GRAVY</b> MASHED POTATOES SCANDINAVIAN BLEND <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES GRAHAM CRACKERS ORANGE JUICE 18	<b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS COOKIES 19
<b>SPAGHETTI &amp; MEATBALLS</b> BROCCOLI ITALIAN BLEND VEGETABLES <b>PINEAPPLE GLAZED TURKEY</b> MASHED POTATOES GREEN BEANS VANILLA PUDDING 22	<b>BARBEQUE CHICKEN</b> SWEET POTATO SUCCOTASH <b>FISH WITH MEXICANA SAUCE OVER RICE</b> CORN ZUCCHINI COOKIES APPLESAUCE 23	<b>CANNELLONI</b> ITALIAN GREEN BEANS CARROT <b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES BANANA 24	<b>POLISH SAUSAGE</b> COUNTRY STYLE HASH BROWNS SAUERKRAUT <b>MACARONI SHELLS WITH MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE 25	<b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>BAKED CHICKEN OVER RICE</b> MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 26
<b>PORK RIBLET</b> POTATOES O'BRIEN MIXED VEGETABLES <b>MEATLOAF WITH BROWN GRAVY</b> MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES 29	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>BAKED CHICKEN OVER BROWN RICE</b> MASHED POTATOES BROCCOLI FRESH ORANGE CHOCOLATE PUDDING 30	<b>MACARONI CHEESE &amp; TURKEY</b> SPINACH STEWED TOMATOES <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS 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. 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
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>1</b>	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>2</b>	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK  <b>3</b>	 <b>4th of July</b>  <b>4</b>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  <b>5</b>
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE  <b>8</b>	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>9</b>	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  <b>10</b>	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>11</b>	SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK  <b>12</b>
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  <b>15</b>	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK  <b>16</b>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>17</b>	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  <b>18</b>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>19</b>
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK  <b>22</b>	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>23</b>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  <b>24</b>	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>25</b>	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  <b>26</b>
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  <b>29</b>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>30</b>	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK  <b>31</b>	<b>JULY 2024</b>	