

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

<h1>August 2024</h1>					
SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING <p style="text-align: right;">5</p>		SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES <p style="text-align: right;">6</p>		GLAZED HAM SWEET POTATOES LIMA BEANS BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES SPINACH GRAHAM CRACKERS <p style="text-align: right;">7</p>	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES WHEAT BREAD PEACHES <p style="text-align: right;">1</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;">12</p>		MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE <p style="text-align: right;">13</p>		BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL <p style="text-align: right;">14</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;">8</p>
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES SPINACH LASAGNA CARROTS ZUCCHINI POUND CAKE <p style="text-align: right;">19</p>		MEATLOAF & MUSHROOM GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES HONEY MUSTARD HAM SWEET POTATOES CUT CORN APPLE SAUCE <p style="text-align: right;">20</p>		LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS BBQ PORK RIBLET MASHED POTATOES SPINACH COOKIES FRUIT CUP <p style="text-align: right;">21</p>	ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS COOKIES <p style="text-align: right;">15</p>
CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING <p style="text-align: right;">26</p>		SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES <p style="text-align: right;">27</p>		CHICKEN PATTY & GRAVY CARROTS BROCOLLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE <p style="text-align: right;">28</p>	TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH ORANGE COOKIES <p style="text-align: right;">22</p>
CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING <p style="text-align: right;">26</p>		SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES <p style="text-align: right;">27</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;">29</p>	TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD <p style="text-align: right;">2</p>
CHICKEN PARMESAN SPAGHETTI CREAMED SPINACH CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING <p style="text-align: right;">26</p>		SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES <p style="text-align: right;">27</p>		CHICKEN PATTY & GRAVY CARROTS BROCOLLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN APPLESAUCE <p style="text-align: right;">28</p>	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES <p style="text-align: right;">30</p>

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.

