

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>OCTOBER</h1> | SWISS STEAK AND GRAVY MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT CHICKEN CHIMICHURRI OVER BROWN RICE MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE | TERIYAKI CHICKEN OVER BROWN RICE ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES PASTA SHELLS / MEAT SAUCE CORN ITALIAN GREEN BEANS GRAPE JUICE | MEATLOAF & MUSHROOM GRAVY OVER EGG NOODLES CARROTS AND SPINACH ORANGE JUICE CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN WHEAT ROLL/MARGARINE FRESH APPLE | TURKEY ENCHILADA CASSEROLE SPANISH RICE AND BROCCOLI COLESLAW PINEAPPLE CHUNKS CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH BANANA | |
| | CHICKEN PARMESAN SPAGHETTI BROCCOLI CARROT RAISIN SALAD FRESH APPLE CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLESAUCE | SALISBURY STEAK & GRAVY MASHED POTATOES HARVARD BEETS WHEAT ROLL/MARGARINE PEARS BEEF BURGUNDY IN GRAVY OVER EGG NOODLES GREEN BEANS CARROTS ORANGE JUICE | TURKEY ALA KING EGG NOODLES PEAS AND CARROTS MIXED FRUIT VANILLA PUDDING BBQ CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE FRESH APPLE | ROAST BEEF & GRAVY HASH BROWN POTATOES SPINACH WHEAT ROLL/MARGARINE CINNAMON GRANOLA PEACHES SWEET & SOUR CHICKEN OVER BROWN RICE ORIENTAL BLEND VEG. & PEAS APPLE JUICE | LEMON ROSEMARY CHICKEN OVER BROWN RICE CARROTS BRUSSELS SPROUTS PINEAPPLE CHUNKS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS FRESH ORANGE |
| | SPAGHETTI & MEATBALLS SPINACH CAULIFLOWER VANILLA GRANOLA GRAPE JUICE CHICKEN CHOW MEIN OVER BROWN RICE PEAS CORN MIXED FRUIT | BARBEQUE CHICKEN OVER BROWN RICE SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE FISH WITH MEXICANA SAUCE OVER RICE CORN AND ZUCCHINI FRESH BANANA | CHICKEN FRIED STEAK WITH COUNTRY GRAVY CORN AND BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS ORANGE JUICE BEEF STROGANOFF OVER EGG NOODLES CARROTS AND PEAS PINEAPPLE CHUNKS | TURKEY ENCHILADA CASSEROLE CHUCKWAGON CORN BLACK BEANS PEARS MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN APPLE JUICE | SALISBURY STEAK & GRAVY BRUSSEL SPROUTS CARROTS WHEAT BREAD/MARGARINE CINNAMON GRANOLA PEACHES TERIYAKI CHICKEN OVER BROWN RICE CREAMED CORN AND BROCCOLI FRESH ORANGE |
| | PORK RIBLET BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES CHICKEN CACCIATORE SPINACH MIXED VEGETABLES APPLESAUCE | BEEF STEAK & ONION GRAVY MASHED POTATOES LIMA BEANS WHEAT ROLL/MARGARINE FRESH ORANGE SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES AND PEAS WHEAT BREAD/MARGARINE PEACHES | CHICKEN PRIMAVERA OVER ROTINI PEAS & MUSHROOMS CARROTS WHEAT CRACKERS AND PEARS CHEESE OMELET SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE | CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE SPAGHETTI & MEATBALLS CORN PEAS GRAPE JUICE | MEATLOAF W/TOMATO SAUCE SWEET POTATOES COLLARD GREENS WHEAT ROLL/MARGARINE PINEAPPLE CHUNKS CHILI OVER BROWN RICE PEAS CORN AND CARROTS WHEAT CRACKERS FRESH BANANA |
| | SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS MIXED FRUIT CUP TERIYAKI MEATBALLS OVER BROWN RICE GREEN BEANS AND CARROTS FRESH APPLE | SWISS STEAK AND GRAVY BRUSSELS SPROUTS CAPRI BLEND VEGETABLES WHEAT BREAD/MARGARINE FRESH BANANA CHICKEN FETTUCCINI PEAS CARROTS PEARS | GLAZED TURKEY HAM IN PINEAPPLE GLAZE SAUCE SWEET POTATOES & LIMA BEANS WHEAT CRACKERS FRESH APPLE BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE PEACHES | GRILLED CHICKEN & GRAVY OVER BROWN RICE POTATOES O'BRIEN CARROTS WHEAT ROLL/MARGARINE FRESH ORANGE ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS APPLE JUICE | <h1>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



Home Delivered Breakfast

CHRIS HERNANDEZ, RDN

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|----------------|---|---|---|--|--|
| OCTOBER | WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK 1 | BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 2 | CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK 3 | SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 4 | |
| | CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 7 | BRAN FLAKES WHEAT BREAD/MARGARINE JELLY BLUEBERRIES LOW FAT MILK 8 | BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 9 | FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 10 | OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 11 |
| | SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 14 | OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 15 | FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK 16 | CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 17 | WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 18 |
| | OATMEAL WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 21 | BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 22 | BRAN FLAKES ORANGE JUICE LOW FAT MILK 23 | CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 24 | WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 25 |
| | OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK 28 | BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK 29 | FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 30 | CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK 31 | 2024 |

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