

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

November 2024



SPAGHETTI & MEATBALLS SPINACH AND ITALIAN BLEND VEG WHEAT CRACKERS PEARS CHICKEN WITH FAJITA VEGETABLES BROWN RICE MEXI CORN GRAPE JUICE VANILLA WAFERS 1				
BEEF STEAK W/ ONION GRAVY HASH BROWN POTATOES BRUSSELS SPROUTS WHEAT ROLL/MARGARINE GRAHAM CRACKERS FRESH APPLE CHICKEN RANCHERO SPANISH RICE AND PINTO BEANS MIXED VEGETABLES PEARS 4	SANTA FE CHICKEN OVER BROWN RICE BROCCOLI STEWED TOMATOES CINNAMON APPLESAUCE BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES WHEAT ROLL/MARGARINE FRESH BANANA 5	BBQ BEEF BAKED BEANS HASH BROWN POTATOES WHEAT BREAD/MARGARINE WHEAT CRACKERS MIXED FRUIT CHICKEN IN GRAVY OVER RICE BROCCOLI & SWEET POTATOES WHEAT ROLL/MARGARINE FRESH ORANGE 6	ROTINI IN A MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH FRESH BANANA POUND CAKE MUSHROOM CHICKEN OVER BROWN RICE BROCCOLI AND CAULIFLOWER WHEAT BREAD/MARGARINE PEACHES 7	CHICKEN FETTUCCINI IN ALFREDO SAUCE LIMA BEANS HARVARD BEETS PEARS CHILI PEAS AND CORN WITH CARROTS WHEAT CRACKERS WHEAT ROLL/MARGARINE MIXED FRUIT 8
 Veteran's Day 11	SWISS STEAK AND GRAVY MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT CHICKEN CHIMICHURRI OVER BROWN RICE MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE 12	TERIYAKI CHICKEN OVER RICE ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES ROTINI SHELLS / MEAT SAUCE CORN ITALIAN GREEN BEANS GRAPE JUICE 13	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 14	TURKEY ENCHILADA CASSEROLE SPANISH RICE AND BROCCOLI COLESLAW PINEAPPLE CHUNKS CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH BANANA 15
CHICKEN PARMESAN SPAGHETTI BROCCOLI CARROT RAISIN SALAD FRESH APPLE CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLESAUCE 18	SALISBURY STEAK & GRAVY MASHED POTATOES HARVARD BEETS WHEAT ROLL/MARGARINE PEARS BEEF BURGUNDY IN GRAVY OVER EGG NOODLES GREEN BEANS CARROTS ORANGE JUICE 19	TURKEY ALA KING EGG NOODLES PEAS & CARROTS MIXED FRUIT VANILLA PUDDING BBQ CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE FRESH APPLE 20	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 21	LEMON ROSEMARY CHICKEN OVER BROWN RICE CARROTS BRUSSELS SPROUTS PINEAPPLE CHUNKS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS FRESH ORANGE 22
SPAGHETTI & MEATBALLS SPINACH CAULIFLOWER VANILLA GRANOLA GRAPE JUICE CHICKEN CHOW MEIN OVER BROWN RICE PEAS CORN MIXED FRUIT 25	BARBEQUE CHICKEN OVER BROWN RICE SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE FISH WITH MEXICANA SAUCE OVER RICE CORN & ZUCCHINI FRESH BANANA 26	ROAST TURKEY & GRAVY STUFFING/CANDIED YAMS GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS 27	<h2>Thanksgiving Holiday</h2> 28 29	

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

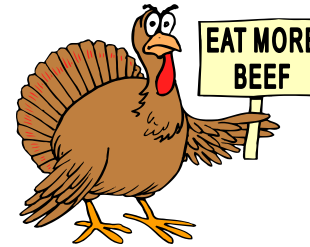
TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

November 2024



SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK 1				
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 4	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 5	CHEERIOS APPLE JUICE LOW FAT MILK 6	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 7	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 8
 Veteran's Day 11	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK 12	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 13	CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK 14	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 15
CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 18	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY BLUEBERRIES LOW FAT MILK 19	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 20	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 21	OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 22
SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 25	OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 26	FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK 27	<h2>Thanksgiving Holiday</h2> 28 29	