

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
WHITE BEAN CHICKEN CHILI BROWN RICE AND BROCCOLI COLESLAW GRAHAM CRACKERS FRESH ORANGE BBQ PORK RIBLET MASHED POTATOES SPINACH WHEAT BREAD/MARGARINE APPLESAUCE 3	SWISS STEAK AND GRAVY MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT CHICKEN CHIMICHURRI OVER BROWN RICE MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE 4	TERIYAKI CHICKEN OVER RICE ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES ROTINI SHELLS / MEAT SAUCE CORN ITALIAN GREEN BEANS GRAPE JUICE 5	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 6	TURKEY ENCHILADA CASSEROLE SPANISH RICE AND BROCCOLI COLESLAW PINEAPPLE CHUNKS CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH BANANA 7
CHICKEN PARMESAN SPAGHETTI BROCCOLI CARROT RAISIN SALAD FRESH APPLE CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLESAUCE 10	SALISBURY STEAK & GRAVY MASHED POTATOES HARVARD BEETS WHEAT ROLL/MARGARINE PEARS BEEF BURGUNDY IN GRAVY OVER EGG NOODLES GREEN BEANS CARROTS ORANGE JUICE 11	TURKEY ALA KING EGG NOODLES PEAS & CARROTS MIXED FRUIT VANILLA PUDDING BBQ CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE FRESH APPLE 12	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 13	LEMON ROSEMARY CHICKEN OVER BROWN RICE CARROTS BRUSSELS SPROUTS PINEAPPLE CHUNKS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS FRESH ORANGE 14
 PRESIDENT'S DAY 17	BARBEQUE CHICKEN OVER BROWN RICE SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE FISH WITH MEXICANA SAUCE OVER RICE CORN & ZUCCHINI FRESH BANANA 18	CHICKEN FRIED STEAK AND COUNTRY GRAVY CORN AND BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS ORANGE JUICE BEEF STROGANOFF OVER EGG NOODLES CARROTS & PEAS PINEAPPLE CHUNKS 19	TURKEY ENCHILADA CASSEROLE CHUCKWAGON CORN BLACK BEANS PEARS MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN APPLE JUICE 20	SALISBURY STEAK & GRAVY BRUSSEL SPROUTS CARROTS WHEAT BREAD/MARGARINE CINNAMON GRANOLA PEACHES TERIYAKI CHICKEN OVER BROWN RICE CREAMED CORN & BROCCOLI FRESH ORANGE 21
PORK RIBLET BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES CHICKEN CACCIATORE OVER ROTINI SPINACH & MIXED VEGETABLES APPLESAUCE 24	BEEF STEAK & ONION GRAVY MASHED POTATOES LIMA BEANS WHEAT ROLL/MARGARINE FRESH ORANGE SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES & PEAS WHEAT BREAD/MARGARINE PEACHES 25	CHICKEN PRIMAVERA OVER ROTINI PEAS & MUSHROOMS CARROTS WHEAT CRACKERS & PEARS CHEESE OMELET SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE 26	CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE SPAGHETTI & MEATBALLS CORN PEAS GRAPE JUICE 27	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 28



February 2025

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 3	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK 4	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 5	CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK 6	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 7
CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 10	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY BLUEBERRIES LOW FAT MILK 11	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 12	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 13	OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 14
 PRESIDENT'S DAY 17	OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 18	FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK 19	CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 20	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 21
OATMEAL WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 24	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 25	BRAN FLAKES ORANGE JUICE LOW FAT MILK 26	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 27	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 28



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