

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

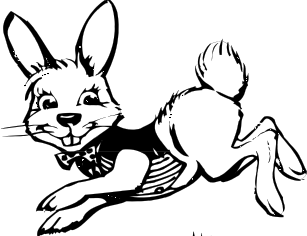


# Age Well®

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>BARBEQUE CHICKEN OVER BROWN RICE</b> SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE <b>FISH WITH MEXICANA SAUCE OVER RICE</b> CORN & ZUCCHINI FRESH BANANA <p style="text-align: right;">1</p>	<b>CHICKEN FRIED STEAK AND COUNTRY GRAVY</b> CORN AND BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS ORANGE JUICE <b>BEEF STROGANOFF OVER EGG NOODLES</b> CARROTS & PEAS PINEAPPLE CHUNKS <p style="text-align: right;">2</p>	<b>TURKEY ENCHILADA CASSEROLE</b> CHUCKWAGON CORN BLACK BEANS PEARS <b>MACARONI SHELLS WITH MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN APPLE JUICE <p style="text-align: right;">3</p>	<b>SALISBURY STEAK &amp; GRAVY</b> BRUSSEL SPROUTS CARROTS WHEAT BREAD/MARGARINE CINNAMON GRANOLA PEACHES <b>TERIYAKI CHICKEN OVER BROWN RICE</b> CREAMED CORN & BROCCOLI FRESH ORANGE <p style="text-align: right;">4</p>
<b>PORK RIBLET</b> BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH & MIXED VEGETABLES APPLESAUCE <p style="text-align: right;">7</p>	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES LIMA BEANS WHEAT ROLL/MARGARINE FRESH ORANGE <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES & PEAS WHEAT BREAD/MARGARINE PEACHES <p style="text-align: right;">8</p>	<b>CHICKEN PRIMAVERA OVER ROTINI</b> PEAS & MUSHROOMS CARROTS WHEAT CRACKERS & PEARS <b>CHEESE OMELET</b> SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE <p style="text-align: right;">9</p>	<b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE <b>SPAGHETTI &amp; MEATBALLS</b> CORN PEAS GRAPE JUICE <p style="text-align: right;">10</p>	<b>MEATLOAF W/TOMATO SAUCE</b> SWEET POTATOES COLLARD GREENS WHEAT ROLL/MARGARINE PINEAPPLE CHUNKS <b>CHILI OVER BROWN RICE</b> PEAS CORN AND CARROTS WHEAT CRACKERS FRESH BANANA <p style="text-align: right;">11</p>
<b>SLICED TURKEY AND GRAVY</b> MASHED POTATOES BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS MIXED FRUIT CUP <b>TERIYAKI MEATBALLS OVER BROWN RICE</b> GREEN BEANS & CARROTS FRESH APPLE <p style="text-align: right;">14</p>	<b>SWISS STEAK AND GRAVY</b> BRUSSELS SPROUTS CAPRI BLEND VEGETABLES WHEAT BREAD/MARGARINE FRESH BANANA <b>CHICKEN FETTUCCINI</b> PEAS CARROTS PEARS <p style="text-align: right;">15</p>	<b>GLAZED TURKEY HAM IN PINEAPPLE GLAZE SAUCE</b> SWEET POTATOES & LIMA BEANS WHEAT CRACKERS FRESH APPLE <b>BARBECUE CHICKEN OVER BROWN RICE</b> MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE PEACHES <p style="text-align: right;">16</p>	<b>GRILLED CHICKEN &amp; GRAVY OVER BROWN RICE</b> POTATOES O'BRIEN CARROTS WHEAT ROLL/MARGARINE FRESH ORANGE <b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS APPLE JUICE <p style="text-align: right;">17</p>	<b>SPAGHETTI &amp; MEATBALLS</b> SPINACH AND ITALIAN BLEND VEG WHEAT CRACKERS PEARS <b>CHICKEN WITH FAJITA VEGETABLES</b> BROWN RICE MEXI CORN GRAPE JUICE VANILLA WAFERS <p style="text-align: right;">18</p>
<b>BEEF STEAK W/ ONION GRAVY</b> HASH BROWN POTATOES BRUSSELS SPROUTS WHEAT ROLL/MARGARINE GRAHAM CRACKERS FRESH APPLE <b>CHICKEN RANCHERO</b> SPANISH RICE AND PINTO BEANS MIXED VEGETABLES PEARS <p style="text-align: right;">21</p>	<b>SANTA FE CHICKEN OVER BROWN RICE</b> BROCCOLI STEWED TOMATOES CINNAMON APPLESAUCE <b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES WHEAT ROLL/MARGARINE FRESH BANANA <p style="text-align: right;">22</p>	<b>BBQ BEEF</b> BAKED BEANS HASH BROWN POTATOES WHEAT BREAD/MARGARINE WHEAT CRACKERS MIXED FRUIT <b>CHICKEN IN GRAVY OVER RICE</b> BROCCOLI & SWEET POTATOES WHEAT ROLL/MARGARINE FRESH ORANGE <p style="text-align: right;">23</p>	<b>ROTINI IN A MEAT SAUCE</b> ITALIAN BLEND VEGETABLES SPINACH FRESH BANANA POUND CAKE <b>MUSHROOM CHICKEN OVER BROWN RICE</b> BROCCOLI AND CAULIFLOWER WHEAT BREAD/MARGARINE PEACHES <p style="text-align: right;">24</p>	<b>CHICKEN FETTUCCINI IN ALFREDO SAUCE</b> LIMA BEANS HARVARD BEETS PEARS <b>CHILI</b> PEAS AND CORN WITH CARROTS WHEAT CRACKERS WHEAT ROLL/MARGARINE MIXED FRIUT <p style="text-align: right;">25</p>
<b>WHITE BEAN CHICKEN CHILI</b> BROWN RICE AND BROCCOLI COLESLAW GRAHAM CRACKERS FRESH ORANGE <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH WHEAT BREAD/MARGARINE APPLESAUCE <p style="text-align: right;">28</p>	<b>SWISS STEAK AND GRAVY</b> MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT <b>CHICKEN CHIMICHURRI OVER BROWN RICE</b> MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE <p style="text-align: right;">29</p>	<b>TERIYAKI CHICKEN OVER RICE</b> ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES <b>ROTINI SHELLS / MEAT SAUCE</b> CORN ITALIAN GREEN BEANS GRAPE JUICE <p style="text-align: right;">30</p>	<h1>April 2025</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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK <p style="text-align: right;">1</p>	FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK <p style="text-align: right;">2</p>	CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">3</p>	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">4</p>
OATMEAL WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK <p style="text-align: right;">7</p>	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">8</p>	BRAN FLAKES ORANGE JUICE LOW FAT MILK <p style="text-align: right;">9</p>	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK <p style="text-align: right;">10</p>	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">11</p>
OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK <p style="text-align: right;">14</p>	BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK <p style="text-align: right;">15</p>	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">16</p>	CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK <p style="text-align: right;">17</p>	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK <p style="text-align: right;">18</p>
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">21</p>	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">22</p>	CHEERIOS APPLE JUICE LOW FAT MILK <p style="text-align: right;">23</p>	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">24</p>	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">25</p>
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK <p style="text-align: right;">28</p>	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK <p style="text-align: right;">29</p>	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK <p style="text-align: right;">30</p>	<h1>April 2025</h1>	

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