

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>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;"><b>3</b></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;"><b>4</b></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;"><b>5</b></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;"><b>6</b></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;"><b>7</b></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;"><b>10</b></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;"><b>11</b></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;"><b>12</b></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;"><b>13</b></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 FRUIT <p style="text-align: right;"><b>14</b></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;"><b>17</b></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;"><b>18</b></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;"><b>19</b></p>	<b>MEATLOAF &amp; MUSHROOM GRAVY OVER EGG NOODLES</b> CARROTS AND SPINACH ORANGE JUICE <b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES CORN WHEAT ROLL/MARGARINE FRESH APPLE <p style="text-align: right;"><b>20</b></p>	<b>TURKEY ENCHILADA CASSEROLE</b> SPANISH RICE AND BROCCOLI COLESLAW PINEAPPLE CHUNKS <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES FRESH BANANA <p style="text-align: right;"><b>21</b></p>
<b>CHICKEN PARMESAN</b> SPAGHETTI BROCCOLI CARROT RAISIN SALAD FRESH APPLE <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLESAUCE <p style="text-align: right;"><b>24</b></p>	<b>SALISBURY STEAK &amp; GRAVY</b> MASHED POTATOES HARVARD BEETS WHEAT ROLL/MARGARINE PEARS <b>BEEF BURGUNDY IN GRAVY OVER EGG NOODLES</b> GREEN BEANS CARROTS ORANGE JUICE <p style="text-align: right;"><b>25</b></p>	<b>TURKEY ALA KING</b> EGG NOODLES PEAS & CARROTS MIXED FRUIT VANILLA PUDDING <b>BBQ CHICKEN OVER BROWN RICE</b> MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE FRESH APPLE <p style="text-align: right;"><b>26</b></p>	<b>ROAST BEEF &amp; GRAVY</b> HASH BROWN POTATOES SPINACH WHEAT ROLL/MARGARINE CINNAMON GRANOLA PEACHES <b>SWEET &amp; SOUR CHICKEN OVER BROWN RICE</b> ORIENTAL BLEND VEG. & PEAS APPLE JUICE <p style="text-align: right;"><b>27</b></p>	<b>LEMON ROSEMARY CHICKEN OVER BROWN RICE</b> CARROTS BRUSSELS SPROUTS PINEAPPLE CHUNKS <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS FRESH ORANGE <p style="text-align: right;"><b>28</b></p>
<b>SPAGHETTI &amp; MEATBALLS</b> SPINACH CAULIFLOWER VANILLA GRANOLA GRAPE JUICE <b>CHICKEN CHOW MEIN OVER BROWN RICE</b> PEAS CORN MIXED FRUIT <p style="text-align: right;"><b>31</b></p>	 <h1 style="font-size: 4em; margin: 0;">March 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. 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
OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK  3	BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK  4	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  5	CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK  6	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK  7
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  10	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  11	CHEERIOS APPLE JUICE LOW FAT MILK  12	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  13	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  14
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  17	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK  18	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  19	CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK  20	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  21
CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  24	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY BLUEBERRIES LOW FAT MILK  25	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  26	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  27	OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  28
SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  31	 <h1 style="font-size: 4em; margin: 0;">March 2025</h1> 			