

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

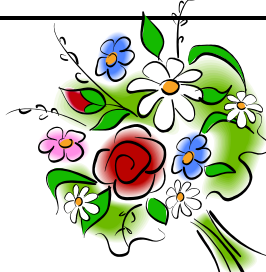
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May 2025



CHICKEN PARMESAN
SPAGHETTI
BROCCOLI
CARROT RAISIN SALAD
FRESH APPLE
CHICKEN RANCHERO
SPANISH RICE
PINTO BEANS
MIXED VEGETABLES
APPLESAUCE

5

SALISBURY STEAK & GRAVY
MASHED POTATOES
HARVARD BEETS
WHEAT ROLL/MARGARINE
PEARS
BEEF BURGUNDY IN GRAVY
OVER EGG NOODLES
GREEN BEANS
CARROTS
ORANGE JUICE

6

TURKEY ALA KING
EGG NOODLES
PEAS & CARROTS
MIXED FRUIT
VANILLA PUDDING
BBQ CHICKEN OVER BROWN
RICE
MASHED POTATOES & SPINACH
WHEAT BREAD/MARGARINE
FRESH APPLE

7

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

1

TURKEY ENCHILADA
CASSEROLE
SPANISH RICE AND BROCCOLI
COLESLAW
PINEAPPLE CHUNKS
CHICKEN CACCIATORE
OVER ROTINI
SPINACH
MIXED VEGETABLES
FRESH BANANA

2

SPAGHETTI & MEATBALLS
SPINACH
CAULIFLOWER
VANILLA GRANOLA
GRAPE JUICE
CHICKEN CHOW MEIN OVER
BROWN RICE
PEAS
CORN
MIXED FRUIT

12

BARBEQUE CHICKEN OVER
BROWN RICE
SWEET POTATO
GREEN BEANS
WHEAT CRACKERS
APPLESAUCE
FISH WITH MEXICANA SAUCE
OVER RICE
CORN & ZUCCHINI
FRESH BANANA

13

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

14

TURKEY ENCHILADA CASSEROLE
CHUCKWAGON CORN
BLACK BEANS
PEARS
MACARONI SHELLS WITH
MEAT SAUCE
ITALIAN BLEND VEGETABLES
CORN
APPLE JUICE

15

SALISBURY STEAK & GRAVY
BRUSSEL SPROUTS
CARROTS
WHEAT BREAD/MARGARINE
CINNAMON GRANOLA
PEACHES
TERIYAKI CHICKEN OVER
BROWN RICE
CREAMED CORN & BROCCOLI
FRESH ORANGE

16

PORK RIBLET
BROCCOLI
BROWN RICE
COLESLAW
WHEAT BREAD/MARGARINE
BLUEBERRIES
CHICKEN CACCIATORE OVER
ROTINI
SPINACH & MIXED VEGETABLES
APPLESAUCE

19

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

20

CHICKEN PRIMAVERA OVER
ROTINI
PEAS & MUSHROOMS
CARROTS
WHEAT CRACKERS & PEARS
CHEESE OMELET
SPINACH
CINNAMON APPLES
CARROT RAISIN SALAD
ENGLISH MUFFIN/MARGARINE

21

CHICKEN CORDON BLEU OVER
BROWN RICE
CALIFORNIA BLEND VEGETABLES
FRENCH CUT GREEN BEANS
FRESH APPLE
SPAGHETTI & MEATBALLS
CORN
PEAS
GRAPE JUICE

22

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

23



26

SWISS STEAK AND GRAVY
BRUSSELS SPROUTS
CAPRI BLEND VEGETABLES
WHEAT BREAD/MARGARINE
FRESH BANANA
CHICKEN FETTUCCINI
PEAS
CARROTS
PEARS

27

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

28

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

29

SPAGHETTI & MEATBALLS
SPINACH AND ITALIAN BLEND VEG
WHEAT CRACKERS
PEARS
CHICKEN WITH FAJITA
VEGETABLES
BROWN RICE
MEXI CORN
GRAPE JUICE
VANILLA WAFERS

30

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. Department 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

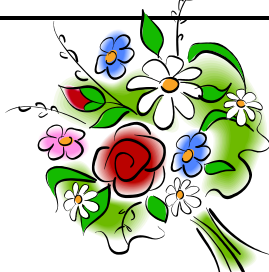
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May 2025



CHEERIOS
WHEAT BREAD/JELLY
MARGARINE
BLUEBERRIES
LOW FAT MILK

SCRAMBLED EGGS
WHEAT BREAD/MARGARINE
JELLY
ORANGE JUICE
LOW FAT MILK

1

2

CHEERIOS
ENGLISH MUFFIN/JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

BRAN FLAKES
WHEAT BREAD/MARGARINE
JELLY
BLUEBERRIES
LOW FAT MILK

BAGEL
PEANUT BUTTER
JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

FRENCH TOAST
SYRUP
MARGARINE
ORANGE JUICE
LOW FAT MILK

OATMEAL
ALMONDS AND RAISINS
ENGLISH MUFFIN/JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

5

6

7

8

9

SCRAMBLED EGGS
WHEAT BREAD/MARGARINE
JELLY
ORANGE JUICE
LOW FAT MILK

OATMEAL
ALMONDS AND RAISINS
WHEAT BREAD/MARGARINE
JELLY
ORANGE JUICE
LOW FAT MILK

FROSTED MINI-WHEATS
WHEAT BREAD/MARGARINE
JELLY
FRESH APPLE
LOW FAT MILK

CHEERIOS
ENGLISH MUFFIN/JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

WAFFLES
SYRUP
MARGARINE
ORANGE JUICE
LOW FAT MILK

12

13

14

15

16

OATMEAL
WHEAT BREAD/MARGARINE
JELLY
ORANGE JUICE
LOW FAT MILK

BAGEL
PEANUT BUTTER
JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

BRAN FLAKES
ORANGE JUICE
LOW FAT MILK

CHEERIOS
WHEAT BREAD/MARGARINE
JELLY
ORANGE JUICE
LOW FAT MILK

WAFFLES
SYRUP
MARGARINE
ORANGE JUICE
LOW FAT MILK

19

20

21

22

23



26

27

28

29

30

BAGEL
PEANUT BUTTER
JELLY AND MARGARINE
BRAN FLAKES
ORANGE JUICE
LOW FAT MILK

FRENCH TOAST
SYRUP
MARGARINE
ORANGE JUICE
LOW FAT MILK

CHEERIOS
VANILLA GRANOLA
BLUEBERRIES
YOGURT
LOW FAT MILK

SCRAMBLED EGGS
WHEAT BREAD/MARGARINE
JELLY
FRESH ORANGE
LOW FAT MILK