

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

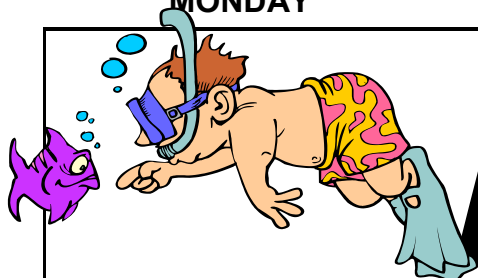
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

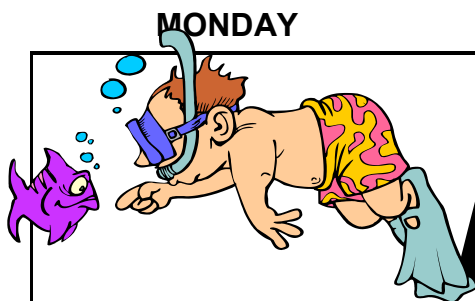
FRIDAY



August 2025

SPAGHETTI & MEATBALLS SPINACH CAULIFLOWER VANILLA GRANOLA GRAPE JUICE CHICKEN CHOW MEIN OVER BROWN RICE PEAS CORN MIXED FRUIT 4	BARBEQUE CHICKEN OVER BROWN RICE SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE FISH WITH MEXICANA SAUCE OVER RICE CORN & ZUCCHINI FRESH BANANA 5	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 6	TURKEY ENCHILADA CASSEROLE CHUCKWAGON CORN BLACK BEANS PEARS MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN APPLE JUICE 7	LEMON ROSEMARY CHICKEN OVER BROWN RICE CARROTS BRUSSELS SPROUTS PINEAPPLE CHUNKS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS FRESH ORANGE 1
PORK RIBLET BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES CHICKEN CACCIATORE OVER ROTINI SPINACH & MIXED VEGETABLES APPLESAUCE 11	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 12	CHICKEN PRIMAVERA OVER ROTINI PEAS & MUSHROOMS CARROTS WHEAT CRACKERS & PEARS CHEESE OMELET SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE 13	CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE SPAGHETTI & MEATBALLS CORN PEAS GRAPE JUICE 14	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 15
SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS MIXED FRUIT CUP TERIYAKI MEATBALLS OVER BROWN RICE GREEN BEANS & CARROTS FRESH APPLE 18	SWISS STEAK AND GRAVY BRUSSELS SPROUTS CAPRI BLEND VEGETABLES WHEAT BREAD/MARGARINE FRESH BANANA CHICKEN FETTUCCINI PEAS CARROTS PEARS 19	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 20	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 21	SPAGHETTI & MEATBALLS SPINACH AND ITALIAN BLEND VEG WHEAT CRACKERS PEARS CHICKEN WITH FAJITA VEGETABLES BROWN RICE MEXI CORN GRAPE JUICE VANILLA WAFERS 22
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 25	SANTA FE CHICKEN OVER BROWN RICE BROCCOLI STEWED TOMATOES CINNAMON APPLESAUCE BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES WHEAT ROLL/MARGARINE FRESH BANANA 26	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 27	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 28	CHICKEN FETTUCCINI IN ALFREDO SAUCE LIMA BEANS HARVARD BEETS PEARS CHILI PEAS AND CORN WITH CARROTS WHEAT CRACKERS WHEAT ROLL/MARGARINE MIXED FRIUT 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. 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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div></div> <h1>August 2025</h1>						OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK			
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	
4		5		6		7		8	
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	
11		12		13		14		15	
OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK		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	
18		19		20		21		22	
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK		RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK		CHEERIOS APPLE JUICE LOW FAT MILK		SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK		FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK	
25		26		27		28		29	