

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


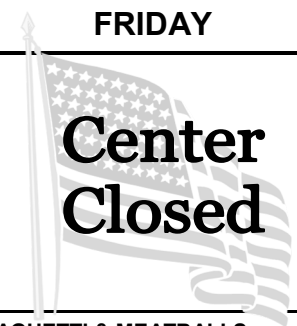



Age Well®

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
		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	CHICKEN PRIMAVERA OVER ROTINI PEAS & MUSHROOMS CARROTS WHEAT CRACKERS & PEARS CHEESE OMELET SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE	CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE SPAGHETTI & MEATBALLS CORN PEAS GRAPE JUICE	
		1	2	3	4
		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	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	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	SPAGHETTI & MEATBALLS SPINACH AND ITALIAN BLEND VEG WHEAT CRACKERS PEARS CHICKEN WITH FAJITA VEGETABLES BROWN RICE MEXI CORN GRAPE JUICE VANILLA WAFERS
		7	8	9	10
		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	SANTA FE CHICKEN OVER BROWN RICE BROCCOLI STEWED TOMATOES CINNAMON APPLES/SAUCE BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES WHEAT ROLL/MARGARINE FRESH BANANA	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	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
		14	15	16	17
		WHITE BEAN CHICKEN CHILI BROWN RICE AND BROCCOLI COLESLAW GRAHAM CRACKERS FRESH ORANGE BBQ PORK RIBLET MASHED POTATOES SPINACH WHEAT BREAD/MARGARINE APPLESAUCE	SWISS STEAK AND GRAVY MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT CHICKEN CHIMICHURRI OVER BROWN RICE MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE	TERIYAKI CHICKEN OVER RICE ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES ROTINI SHELLS / MEAT SAUCE CORN ITALIAN GREEN BEANS GRAPE JUICE	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
		21	22	23	24
		CHICKEN PARMESAN SPAGHETTI BROCCOLI CARROT RAISIN SALAD FRESH APPLE CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLESAUCE	SALISBURY STEAK & GRAVY MASHED POTATOES HARVARD BEETS WHEAT ROLL/MARGARINE PEARS BEEF BURGUNDY IN GRAVY OVER EGG NOODLES GREEN BEANS CARROTS ORANGE JUICE	TURKEY ALA KING EGG NOODLES PEAS & CARROTS MIXED FRUIT VANILLA PUDDING BBQ CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE FRESH APPLE	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
		28	29	30	31
					

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
 JULY	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 1	BRAN FLAKES ORANGE JUICE LOW FAT MILK 2	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 3	 Center Closed 4
OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK 7	BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK 8	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 9	CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK 10	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK 11
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 14	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 15	CHEERIOS APPLE JUICE LOW FAT MILK 16	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 17	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 18
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 21	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK 22	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 23	CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK 24	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK 25
CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK 28	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY BLUEBERRIES LOW FAT MILK 29	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK 30	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK 31	 2025