

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

OCTOBER 2025

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

6

SANTA FE CHICKEN OVER BROWN RICE
BROCCOLI
STEWED TOMATOES
CINNAMON APPLESAUCE
BREADED FISH FILETS
CUBED POTATOES
MIXED VEGETABLES
WHEAT ROLL/MARGARINE
FRESH BANANA

7

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

1

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

2

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

3

WHITE BEAN CHICKEN CHILI
BROWN RICE AND BROCCOLI
COLESLAW
GRAHAM CRACKERS
FRESH ORANGE
BBQ PORK RIBLET
MASHED POTATOES
SPINACH
WHEAT BREAD/MARGARINE
APPLESAUCE

13

SWISS STEAK AND GRAVY
MASHED POTATOES
SUCCOTASH
WHEAT BREAD/MARGARINE
MIXED FRUIT
CHICKEN CHIMICHURRI OVER BROWN RICE
MIXED VEGETABLES & BROCCOLI
WHEAT CRACKERS
ORANGE JUICE

14

TERIYAKI CHICKEN OVER RICE
ORIENTAL BLEND VEGETABLES
GREEN PEAS
CINNAMON GRANOLA
PEACHES
ROTINI SHELLS / MEAT SAUCE
CORN
ITALIAN GREEN BEANS
GRAPE JUICE

15

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

16

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

17

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

20

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

21

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

22

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

23

LEMON ROSEMARY CHICKEN OVER BROWN RICE
CARROTS
BRUSSELS SPROUTS
PINEAPPLE CHUNKS
SWEDISH MEATBALLS OVER EGG NOODLES
MIXED VEGETABLES
PEAS
FRESH ORANGE

24

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

27

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

28

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

29

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

30

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

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.

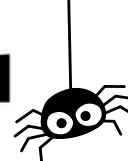
AWSS RESERVES THE RIGHT
TO MAKE SUBSTITUTES
WITHOUT NOTICE

1% MILK OFFERED AT EACH
MEAL

Age Well
Orange County's partner in aging



**Home Delivered
Breakfast**



CHRIS HERNANDEZ, RDN



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER 2025				
		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
		1	2	3
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
6	7	8	9	10
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK
13	14	15	16	17
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
20	21	22	23	24
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
27	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.