

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

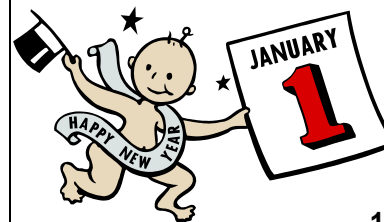
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 2026



WHITE BEAN CHICKEN CHILI BROWN RICE AND BROCCOLI COLESLAW GRAHAM CRACKERS FRESH ORANGE BBQ PORK RIBLET MASHED POTATOES SPINACH WHEAT BREAD/MARGARINE APPLESAUCE 5	SWISS STEAK AND GRAVY MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT CHICKEN CHIMICHURRI OVER BROWN RICE MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE 6	TERIYAKI CHICKEN OVER RICE ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES ROTINI SHELLS / MEAT SAUCE CORN ITALIAN GREEN BEANS GRAPE JUICE 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 8	CHICKEN FETTUCCINI IN ALFREDO SAUCE LIMA BEANS HARVARD BEETS PEARS CHILI PEAS AND CORN WITH CARROTS WHEAT CRACKERS WHEAT ROLL/MARGARINE MIXED FRUIT 2
CHICKEN PARMESAN SPAGHETTI BROCCOLI CARROT RAISIN SALAD FRESH APPLE CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLESAUCE 12	SALISBURY STEAK & GRAVY MASHED POTATOES HARVARD BEETS WHEAT ROLL/MARGARINE PEARS BEEF BURGUNDY IN GRAVY OVER EGG NOODLES GREEN BEANS CARROTS ORANGE JUICE 13	TURKEY ALA KING EGG NOODLES PEAS & CARROTS MIXED FRUIT VANILLA PUDDING BBQ CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE FRESH APPLE 14	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 15	LEMON ROSEMARY CHICKEN OVER BROWN RICE CARROTS BRUSSELS SPROUTS PINEAPPLE CHUNKS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS FRESH ORANGE 16
 MARTIN LUTHER KING DAY 19	BARBEQUE CHICKEN OVER BROWN RICE SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE FISH WITH MEXICANA SAUCE OVER RICE CORN & ZUCCHINI FRESH BANANA 20	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 21	TURKEY ENCHILADA CASSEROLE CHUCKWAGON CORN BLACK BEANS PEARS MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN APPLE JUICE 22	SALISBURY STEAK & GRAVY BRUSSEL SPROUTS CARROTS WHEAT BREAD/MARGARINE CINNAMON GRANOLA PEACHES TERIYAKI CHICKEN OVER BROWN RICE CREAMED CORN & BROCCOLI FRESH ORANGE 23
PORK RIBLET BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES CHICKEN CACCIATORE OVER ROTINI SPINACH & MIXED VEGETABLES APPLESAUCE 26	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 27	CHICKEN PRIMAVERA OVER ROTINI PEAS & MUSHROOMS CARROTS WHEAT CRACKERS & PEARS CHEESE OMELET SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE 28	CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE SPAGHETTI & MEATBALLS CORN PEAS GRAPE JUICE 29	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 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. 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

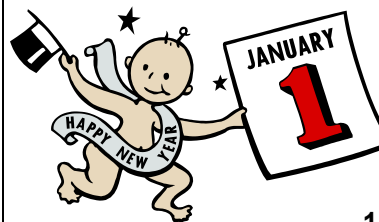
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 2026



FRENCH TOAST
SYRUP
MARGARINE
ORANGE JUICE
LOW FAT MILK

1

2

BAGEL
PEANUT BUTTER
JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

5

WAFFLES
SYRUP
MARGARINE
FRESH BANANA
LOW FAT MILK

6

BRAN FLAKES
WHEAT BREAD/MARGARINE
JELLY
ORANGE JUICE
LOW FAT MILK

7

CHEERIOS
WHEAT BREAD/JELLY
MARGARINE
BLUEBERRIES
LOW FAT MILK

8

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

9

CHEERIOS
ENGLISH MUFFIN/JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

12

BRAN FLAKES
WHEAT BREAD/MARGARINE
JELLY
BLUEBERRIES
LOW FAT MILK

13

BAGEL
PEANUT BUTTER
JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

14

FRENCH TOAST
SYRUP
MARGARINE
ORANGE JUICE
LOW FAT MILK

15

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

16



19

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

20

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

21

CHEERIOS
ENGLISH MUFFIN/JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

22

WAFFLES
SYRUP
MARGARINE
ORANGE JUICE
LOW FAT MILK

23

OATMEAL
WHEAT BREAD/MARGARINE
JELLY
ORANGE JUICE
LOW FAT MILK

26

BAGEL
PEANUT BUTTER
JELLY
MARGARINE
ORANGE JUICE
LOW FAT MILK

27

BRAN FLAKES
ORANGE JUICE
LOW FAT MILK

28

CHEERIOS
WHEAT BREAD/MARGARINE
JELLY
ORANGE JUICE
LOW FAT MILK

29

WAFFLES
SYRUP
MARGARINE
ORANGE JUICE
LOW FAT MILK

30