

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



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

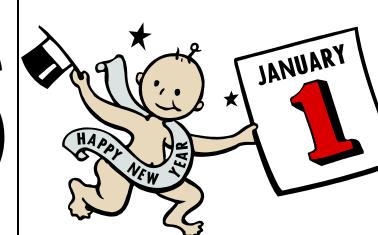
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 2026



CHICKEN FETTUCCINI IN
ALFREDO SAUCE
LIMA BEANS
HARVARD BEETS
PEARS
CHILI
PEAS AND CORN WITH CARROTS
WHEAT CRACKERS
WHEAT ROLL/MARGARINE
MIXED FRUIT

2

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

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

9

5

6

7

8

1

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

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

16

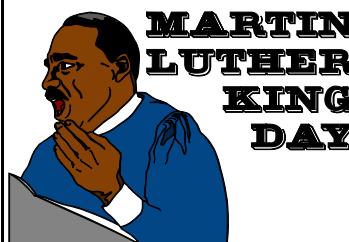
12

13

14

15

2



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

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

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

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

23

19

20

21

22

2

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

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

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

26

27

28

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. Dept. 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.

Home Delivered Breakfast

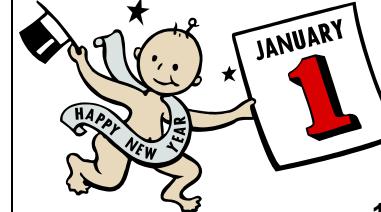
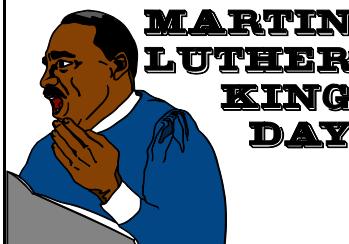
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<h1>January 2026</h1>				
1	2	3	4	5
	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK			BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK
1	2			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
5	6	7	8	9
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
12	13	14	15	16
	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
19	20	21	22	23
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
26	27	28	29	30