

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	
<b>SPAGHETTI &amp; MEATBALLS</b> SPINACH CAULIFLOWER VANILLA GRANOLA GRAPE JUICE <b>CHICKEN CHOW MEIN OVER BROWN RICE</b> PEAS CORN MIXED FRUIT <p style="text-align: right;">2</p>	<b>BARBEQUE CHICKEN OVER BROWN RICE</b> SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE <b>FISH WITH MEXICANA SAUCE OVER RICE</b> CORN & ZUCCHINI FRESH BANANA <p style="text-align: right;">3</p>	<b>CHICKEN FRIED STEAK AND COUNTRY GRAVY</b> CORN AND BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS ORANGE JUICE <b>BEEF STROGANOFF OVER EGG NOODLES</b> CARROTS & PEAS PINEAPPLE CHUNKS <p style="text-align: right;">4</p>	<b>TURKEY ENCHILADA CASSEROLE</b> CHUCKWAGON CORN BLACK BEANS PEARS <b>MACARONI SHELLS WITH MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN APPLE JUICE <p style="text-align: right;">5</p>	<b>SALISBURY STEAK &amp; GRAVY</b> BRUSSEL SPROUTS CARROTS WHEAT BREAD/MARGARINE CINNAMON GRANOLA PEACHES <b>TERIYAKI CHICKEN OVER BROWN RICE</b> CREAMED CORN & BROCCOLI FRESH ORANGE <p style="text-align: right;">6</p>	
<b>PORK RIBLET</b> BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH & MIXED VEGETABLES APPLESAUCE <p style="text-align: right;">9</p>	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES LIMA BEANS WHEAT ROLL/MARGARINE FRESH ORANGE <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES & PEAS WHEAT BREAD/MARGARINE PEACHES <p style="text-align: right;">10</p>	<b>CHICKEN PRIMAVERA OVER ROTINI</b> PEAS & MUSHROOMS CARROTS WHEAT CRACKERS & PEARS <b>CHEESE OMELET</b> SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE <p style="text-align: right;">11</p>	<b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE <b>SPAGHETTI &amp; MEATBALLS</b> CORN PEAS GRAPE JUICE <p style="text-align: right;">12</p>	<b>MEATLOAF W/TOMATO SAUCE</b> SWEET POTATOES COLLARD GREENS WHEAT ROLL/MARGARINE PINEAPPLE CHUNKS <b>CHILI OVER BROWN RICE</b> PEAS CORN AND CARROTS WHEAT CRACKERS FRESH BANANA <p style="text-align: right;">13</p>	
<b>SLICED TURKEY AND GRAVY</b> MASHED POTATOES BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS MIXED FRUIT CUP <b>TERIYAKI MEATBALLS OVER BROWN RICE</b> GREEN BEANS & CARROTS FRESH APPLE <p style="text-align: right;">16</p>	<b>SWISS STEAK AND GRAVY</b> BRUSSELS SPROUTS CAPRI BLEND VEGETABLES WHEAT BREAD/MARGARINE FRESH BANANA <b>CHICKEN FETTUCCINI</b> PEAS CARROTS PEARS <p style="text-align: right;">17</p>	<b>GLAZED TURKEY HAM IN PINEAPPLE GLAZE SAUCE</b> SWEET POTATOES & LIMA BEANS WHEAT CRACKERS FRESH APPLE <b>BARBECUE CHICKEN OVER BROWN RICE</b> MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE PEACHES <p style="text-align: right;">18</p>	<b>GRILLED CHICKEN &amp; GRAVY OVER BROWN RICE</b> POTATOES O'BRIEN CARROTS WHEAT ROLL/MARGARINE FRESH ORANGE <b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS APPLE JUICE <p style="text-align: right;">19</p>	<b>SPAGHETTI &amp; MEATBALLS</b> SPINACH AND ITALIAN BLEND VEG WHEAT CRACKERS PEARS <b>CHICKEN WITH FAJITA VEGETABLES</b> BROWN RICE MEXI CORN GRAPE JUICE VANILLA WAFERS <p style="text-align: right;">20</p>	
<b>BEEF STEAK W/ ONION GRAVY</b> HASH BROWN POTATOES BRUSSELS SPROUTS WHEAT ROLL/MARGARINE GRAHAM CRACKERS FRESH APPLE <b>CHICKEN RANCHERO</b> SPANISH RICE AND PINTO BEANS MIXED VEGETABLES PEARS <p style="text-align: right;">23</p>	<b>SANTA FE CHICKEN OVER BROWN RICE</b> BROCCOLI STEWED TOMATOES CINNAMON APPLESAUCE <b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES WHEAT ROLL/MARGARINE FRESH BANANA <p style="text-align: right;">24</p>	<b>BBQ BEEF</b> BAKED BEANS HASH BROWN POTATOES WHEAT BREAD/MARGARINE WHEAT CRACKERS MIXED FRUIT <b>CHICKEN IN GRAVY OVER RICE</b> BROCCOLI & SWEET POTATOES WHEAT ROLL/MARGARINE FRESH ORANGE <p style="text-align: right;">25</p>	<b>ROTINI IN A MEAT SAUCE</b> ITALIAN BLEND VEGETABLES SPINACH FRESH BANANA POUND CAKE <b>MUSHROOM CHICKEN OVER BROWN RICE</b> BROCCOLI AND CAULIFLOWER WHEAT BREAD/MARGARINE PEACHES <p style="text-align: right;">26</p>	<b>CHICKEN FETTUCCINI IN ALFREDO SAUCE</b> LIMA BEANS HARVARD BEETS PEARS <b>CHILI</b> PEAS AND CORN WITH CARROTS WHEAT CRACKERS WHEAT ROLL/MARGARINE MIXED FRIUT <p style="text-align: right;">27</p>	
<b>WHITE BEAN CHICKEN CHILI</b> BROWN RICE AND BROCCOLI COLESLAW GRAHAM CRACKERS FRESH ORANGE <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH WHEAT BREAD/MARGARINE APPLESAUCE <p style="text-align: right;">30</p>	<b>SWISS STEAK AND GRAVY</b> MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT <b>CHICKEN CHIMICHURRI OVER BROWN RICE</b> MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE <p style="text-align: right;">31</p>	<h1>March 2026</h1>			

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
SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  2	OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  3	FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK  4	CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  5	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  6
OATMEAL WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  9	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  10	BRAN FLAKES ORANGE JUICE LOW FAT MILK  11	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  12	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  13
OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK  16	BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK  17	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  18	CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK  19	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK  20
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  23	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  24	CHEERIOS APPLE JUICE LOW FAT MILK  25	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  26	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  27
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  30	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK  31	<h1>March 2026</h1> 		