

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



# MAY 2026



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

1

**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

4

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

5

**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

6

**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

7

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

8

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

11

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

12

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

13

**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

14

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

15

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

18

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

19

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

20

**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

21

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

22

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

26

**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

27

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

28

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

29



25

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. Department 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

 <span style="font-size: 4em; font-family: cursive;">MAY 2026</span> 				
				SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK  1
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  4	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  5	CHEERIOS APPLE JUICE LOW FAT MILK  6	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  7	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  8
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  11	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK  12	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  13	CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK  14	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  15
CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  18	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY BLUEBERRIES LOW FAT MILK  19	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  20	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  21	OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  22
 <p style="font-size: 2em; font-weight: bold; text-align: center;">MEMORIAL DAY</p> 25	OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  26	FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK  27	CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  28	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  29