

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>PORK RIBLET</b> BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH & MIXED VEGETABLES APPLESAUCE <b>1</b>	<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 <b>2</b>	<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 <b>3</b>	<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 <b>4</b>	<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 <b>5</b>
<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 <b>8</b>	<b>SWISS STEAK AND GRAVY</b> BRUSSELS SPROUTS CAPRI BLEND VEGETABLES WHEAT BREAD/MARGARINE FRESH BANANA <b>CHICKEN FETTUCCINI</b> PEAS CARROTS PEARS <b>9</b>	<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 <b>10</b>	<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 <b>11</b>	<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 <b>12</b>
<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 <b>15</b>	<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 <b>16</b>	<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 <b>17</b>	<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 <b>18</b>	<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 <b>19</b>
<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 <b>22</b>	<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 <b>23</b>	<b>TERIYAKI CHICKEN OVER RICE</b> ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES <b>ROTINI SHELLS / MEAT SAUCE</b> CORN ITALIAN GREEN BEANS GRAPE JUICE <b>24</b>	<b>MEATLOAF &amp; MUSHROOM GRAVY OVER EGG NOODLES</b> CARROTS AND SPINACH ORANGE JUICE <b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES CORN WHEAT ROLL/MARGARINE FRESH APPLE <b>25</b>	<b>TURKEY ENCHILADA CASSEROLE</b> SPANISH RICE AND BROCCOLI COLESLAW PINEAPPLE CHUNKS <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES FRESH BANANA <b>26</b>
<b>CHICKEN PARMESAN</b> SPAGHETTI BROCCOLI CARROT RAISIN SALAD FRESH APPLE <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLESAUCE <b>29</b>	<b>SALISBURY STEAK &amp; GRAVY</b> MASHED POTATOES HARVARD BEETS WHEAT ROLL/MARGARINE PEARS <b>BEEF BURGUNDY IN GRAVY OVER EGG NOODLES</b> GREEN BEANS CARROTS ORANGE JUICE <b>30</b>	<h1>JUNE 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.

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# Home Delivered Breakfast

CHRIS HERNANDEZ, RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  <b>1</b>	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  <b>2</b>	BRAN FLAKES ORANGE JUICE LOW FAT MILK  <b>3</b>	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  <b>4</b>	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  <b>5</b>
OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK  <b>8</b>	BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK  <b>9</b>	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  <b>10</b>	CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK  <b>11</b>	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK  <b>12</b>
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  <b>15</b>	RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  <b>16</b>	CHEERIOS APPLE JUICE LOW FAT MILK  <b>17</b>	SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  <b>18</b>	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK  <b>19</b>
BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK  <b>22</b>	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK  <b>23</b>	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  <b>24</b>	CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK  <b>25</b>	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK  <b>26</b>
CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK  <b>29</b>	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY BLUEBERRIES LOW FAT MILK  <b>30</b>	<b>JUNE 2026</b>		

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