

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

February 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS VANILLA PUDDING CALIFORNIA BLEND VEGGIES PEACHES	BARBECUE CHICKEN SWEET POTATO SUCCOTASH FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI COOKIES APPLESAUCE	CANNELLONI ITALIAN GREEN BEANS CARROT BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA	ROAST BEEF & GRAVY MASHED POTATOES SCANDINAVIAN BLEND SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES GRAHAM CRACKERS ORANGE JUICE	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES MEATLOAF WITH BROWN GRAVY MASHED POTATOES BROCCOLI CALIFORNIA BLEND VEGGIES PEACHES	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI FRESH ORANGE CHOCOLATE PUDDING	MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE	TURKEY ENCHILADA CHUCKWAGON CORN TURKEY MEATLOAF WITH TOMATO SAUCE HASH BROWN POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD
President's Day 19	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES	GLAZED HAM SWEET POTATOES LIMA BEANS BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES SPINACH GRAHAM CRACKERS	TURKEY ENCHILADA CHUCKWAGON CORN TURKEY MEATLOAF WITH TOMATO SAUCE HASH BROWN POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD	TURKEY MEATLOAF WITH TOMATO SAUCE HASH BROWN POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD
BEEF STEAK W/ ONION GRAVY MASHED POTATOES BRUSSELL SPROUTS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS COOKIES	MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE	BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL	GRILLED CHICKEN OVER BROWN RICE & GRAVY MASHED POTATOES CARROTS ROTI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING FRUIT CUP	SPAGHETTI & MEATBALLS SPINACH ITALIAN BLEND VEGETABLES CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN COOKIES
26	27	28	29	23



Age Well

Orange County's partner in aging

Home Delivered Breakfast

CHRIS HERNANDEZ, RDN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

February 2024

PEACHES
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

FRESH FRUIT
SCRAMBLED EGGS
BREAD FOR TOAST (2)
JELLY
MARGARINE (2)
LOW FAT MILK

ORANGE JUICE
FROSTED MINI-WHEATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

APPLESAUCE
RAISIN BRAN
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

WAFFLES
OATMEAL
ALMONDS AND RAISINS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

ORANGE JUICE
WAFFLES
SYRUP
MARGARINE (2)
LOW FAT MILK

ORANGE JUICE
FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

ORANGE JUICE
TOasted OATS
YOGURT
LOW FAT MILK

BANANA
Bran FLAKES
YOGURT
LOW FAT MILK

FROSTED MINI-WHEATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK



19

ORANGE JUICE
RAISIN BRAN
BANANA
LOW FAT MILK

ORANGE JUICE
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

ORANGE JUICE
TOasted OATS
YOGURT
LOW FAT MILK

ORANGE JUICE
SCRAMBLED EGGS
BREAD FOR TOAST (2)
JELLY
MARGARINE (2)
LOW FAT MILK

ORANGE JUICE
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

ORANGE JUICE
RAISIN BRAN
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

ORANGE JUICE
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

ORANGE JUICE
SCRAMBLED EGGS
BREAD FOR TOAST (2)
JELLY
MARGARINE (2)
LOW FAT MILK

ORANGE JUICE
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

ORANGE JUICE
FRENCH TOAST
SYRUP
MARGARINE (2)
LOW FAT MILK

26

27

28

29