

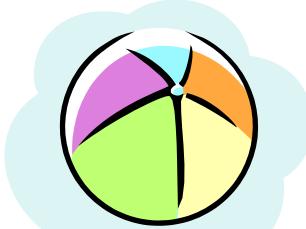
AWSS RESERVES THE RIGHT TO  
MAKE SUBSTITUTES WITHOUT  
NOTICE  
MENUS WITH MORE THAN  
2300 MG OF SODIUM FOR THE DAY  
(CONDIMENT NOT INCLUDED)  
1% MILK OFFERED AT EACH MEAL



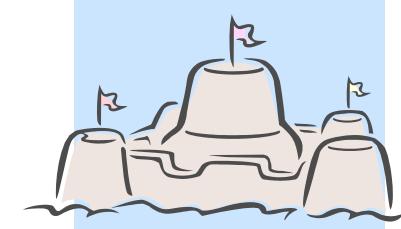
# Home Delivered Menu

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
<b>CHICKEN PARMESAN</b> SPAGHETTI CREAMED SPINACH <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING 3	<b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES 4	<b>CHICKEN PATTY &amp; GRAVY</b> CARROTS BROCOLLI <b>MACARONI, CHEESE &amp; TURKEY</b> CREAMED SPINACH CORN APPLESAUCE 5	<b>ROAST BEEF &amp; GRAVY</b> MASHED POTATOES SCANIDINAVIAN BLEND <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES GRAHAM CRACKERS ORANGE JUICE 6	<b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS COOKIES 7
<b>SPAGHETTI &amp; MEATBALLS</b> BROCCOLI ITALIAN BLEND VEGETABLES <b>PINEAPPLE GLAZED TURKEY</b> MASHED POTATOES GREEN BEANS VANILLA PUDDING 10	<b>BARBEQUE CHICKEN</b> SWEET POTATO SUCCOTASH <b>FISH WITH MEXICANA SAUCE OVER RICE</b> CORN ZUCCHINI COOKIES APPLESAUCE 11	<b>CANNELLONI</b> ITALIAN GREEN BEANS CARROT <b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES BANANA 12	<b>POLISH SAUSAGE</b> COUNTRY STYLE HASH BROWNS SAUERKRAUT <b>MACARONI SHELLS WITH MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE 13	<b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>BAKED CHICKEN OVER RICE</b> MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 14
<b>PORK RIBLET</b> POTATOES O'BRIEN MIXED VEGETABLES <b>MEATLOAF WITH BROWN GRAVY</b> MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES 17	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>BAKED CHICKEN OVER BROWN RICE</b> MASHED POTATOES BROCCOLI FRESH ORANGE CHOCOLATE PUDDING 18	<b>MACARONI CHEESE &amp; TURKEY</b> SPINACH STEWED TOMATOES <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS COOKIES 19	<b>TURKEY ENCHILADA</b> CHUCKWAGON CORN BROWN RICE <b>CHEESE LASAGNA</b> GREEN BEANS MIXED VEGETABLES WHEAT BREAD PEACHES 20	<b>TURKEY MEATLOAF WITH TOMATO SAUCE</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD 21
<b>SLICED TURKEY AND GRAVY</b> MASHED POTATOES BROCCOLI <b>TERIYAKI MEATBALLS OVER RICE</b> GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING 24	<b>SWISS STEAK AND GRAVY</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN COOKIES 25	<b>GLAZED TURKEY</b> SWEET POTATOES LIMA BEANS <b>BARBECUE CHICKEN OVER BROWN RICE</b> MASHED POTATOES SPINACH GRAHAM CRACKERS 26	<b>GRILLED CHICKEN OVER BROWN RICE &amp; GRAVY</b> MASHED POTATOES CARROTS <b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING FRUIT CUP 27	<b>SPAGHETTI &amp; MEATBALLS</b> SPINACH ITALIAN BLEND <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN 28



# June 2024



AWSS RESERVES THE RIGHT  
TO MAKE SUBSTITUTES  
WITHOUT NOTICE

1% MILK OFFERED AT EACH  
MEAL

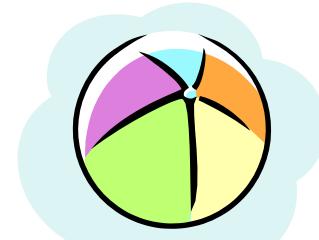
# Age Well®

*Orange County's partner in aging*

## Home Delivered Breakfast

CHRIS HERNANDEZ, RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  3	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK  4	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  5	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  6	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK  7
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK  10	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK  11	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  12	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK  13	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  14
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  17	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  18	ORANGE JUICE TOasted OATS YOGURT LOW FAT MILK  19	BANANA BRAN FLAKES LOW FAT MILK  20	FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK  21
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  24	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK  25	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  26	BANANA TOasted OATS YOGURT LOW FAT MILK  27	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK  28



# June 2024

