

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

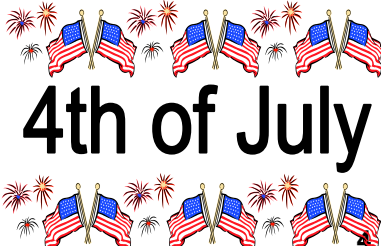
### MONDAY

### TUESDAY

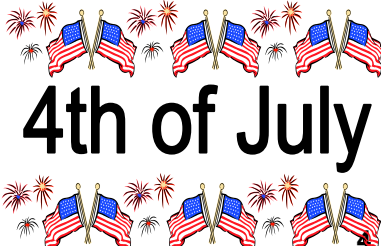
### WEDNESDAY

### THURSDAY

### FRIDAY

|                                                                                                                                                                                       |                                                                                                                                                                                             |                                                                                                                                                             |                                                                                                                                                                                                       |                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BEEF STEAK W/ ONION GRAVY</b><br>MASHED POTATOES<br>BRUSSELL SPROUTS<br><b>CHICKEN RANCHERO</b><br>SPANISH RICE<br>PINTO BEANS<br>MIXED VEGETABLES<br>SLICED PEARS<br>COOKIES<br>1 | <b>MACARONI &amp; CHEESE</b><br>BROCCOLI<br>STEWED TOMATOES<br><b>FISH STICKS</b><br>MASHED POTATOES<br>MIXED VEGETABLES<br>WHEAT BREAD<br>APPLESAUCE<br>2                                  | <b>BBQ BEEF</b><br>BAKED BEANS<br>HASH BROWNS<br><b>CHEESE CANNALONI</b><br>GREEN BEANS<br>PEAS AND CORN<br>COOKIES<br>FRUIT COCKTAIL<br>3                  | <br><b>4th of July</b><br><br>4 | <b>CHICKEN FETTUCCINI</b><br>BROCCOLI<br>HARVARD BEETS<br><b>CHILI</b><br>GREEN PEAS<br>CORN & CARROTS<br>COOKIES<br>5                                                              |
| <b>SWISS STEAK</b><br>MASHED POTATOES<br>CAPRI BLEND VEGETABLES<br><b>SPINACH LASAGNA</b><br>CARROTS<br>ZUCCHINI<br>POUND CAKE<br>8                                                   | <b>MEATLOAF &amp; MUSHROOM GRAVY</b><br>HASH BROWN POTATOES<br>CALIFORNIA BLEND VEGETABLES<br><b>HONEY MUSTARD HAM</b><br>SWEET POTATOES<br>CUT CORN<br>APPLE SAUCE<br>9                    | <b>LEMON ROSEMARY CHICKEN</b><br>CREAMED SPINACH<br>BRUSSELS SPROUTS<br><b>BBQ PORK RIBLET</b><br>MASHED POTATOES<br>SPINACH<br>COOKIES<br>FRUIT CUP<br>10  | <b>POLISH SAUSAGE</b><br>STEWED TOMATOES<br>COUNTRY STYLE HASH BROWNS<br><b>TUNA NOODLE CASSEROLE</b><br>PEAS<br>CREAMED CORN<br>FRESH FRUIT<br>WHEAT BREAD<br>ORANGE JUICE<br>11                     | <b>TURKEY ENCHILADA CASSEROLE</b><br>SPANISH RICE<br>BROCCOLI<br><b>CHICKEN CACCIATORE OVER ROTINI</b><br>SPINACH<br>MIXED VEGETABLES<br>FRESH ORANGE<br>COOKIES<br>12              |
| <b>CHICKEN PARMESAN</b><br>SPAGHETTI<br>CREAMED SPINACH<br><b>CHICKEN RANCHERO</b><br>SPANISH RICE<br>PINTO BEANS<br>MIXED VEGETABLES<br>APPLES<br>VANILLA PUDDING<br>15              | <b>SALISBURY STEAK &amp; GRAVY</b><br>HASH BROWN POTATOES<br>HARVARD BEETS<br><b>CHEESE CANNELLONI</b><br>GREEN BEANS<br>PEAS & CARROTS<br>WHEAT BREAD<br>APPLESAUCE<br>COOKIES<br>16       | <b>CHICKEN PATTY &amp; GRAVY</b><br>CARROTS<br>BROCCOLI<br><b>MACARONI, CHEESE &amp; HAM</b><br>CREAMED SPINACH<br>CORN<br>APPLESAUCE<br>17                 | <b>ROAST BEEF &amp; GRAVY</b><br>MASHED POTATOES<br>SCANDINAVIAN BLEND<br><b>SCRAMBLED EGGS WITH HAM</b><br>HASH BROWN POTATOES<br>CINNAMON APPLES<br>GRAHAM CRACKERS<br>ORANGE JUICE<br>18           | <b>LEMON ROSEMARY CHICKEN</b><br>CREAMED SPINACH<br>BRUSSELS SPROUTS<br><b>SWEDISH MEATBALLS OVER EGG NOODLES</b><br>MIXED VEGETABLES<br>PEAS<br>COOKIES<br>19                      |
| <b>SPAGHETTI &amp; MEATBALLS</b><br>BROCCOLI<br>ITALIAN BLEND VEGETABLES<br><b>PINEAPPLE GLAZED TURKEY</b><br>MASHED POTATOES<br>GREEN BEANS<br>VANILLA PUDDING<br>22                 | <b>BARBEQUE CHICKEN</b><br>SWEET POTATO<br>SUCCOTASH<br><b>FISH WITH MEXICANA SAUCE OVER RICE</b><br>CORN<br>ZUCCHINI<br>COOKIES<br>APPLESAUCE<br>23                                        | <b>CANNELLONI</b><br>ITALIAN GREEN BEANS<br>CARROT<br><b>BREADED FISH FILETS</b><br>CUBED POTATOES<br>MIXED VEGETABLES<br>BANANA<br>24                      | <b>POLISH SAUSAGE</b><br>COUNTRY STYLE HASH BROWNS<br>SAUERKRAUT<br><b>MACARONI SHELLS WITH MEAT SAUCE</b><br>ITALIAN BLEND VEGETABLES<br>CORN<br>FRESH FRUIT<br>ORANGE JUICE<br>25                   | <b>SALISBURY STEAK &amp; GRAVY</b><br>HASH BROWN POTATOES<br>HARVARD BEETS<br><b>BAKED CHICKEN OVER RICE</b><br>MASHED POTATOES<br>BROCCOLI<br>GRAHAM CRACKERS<br>FRESH FRUIT<br>26 |
| <b>PORK RIBLET</b><br>POTATOES O'BRIEN<br>MIXED VEGETABLES<br><b>MEATLOAF WITH BROWN GRAVY</b><br>MASHED POTATOES<br>CALIFORNIA BLEND VEGGIES<br>PEACHES<br>29                        | <b>BEEF STEAK &amp; ONION GRAVY</b><br>MASHED POTATOES<br>CREAMED SPINACH<br><b>BAKED CHICKEN OVER BROWN RICE</b><br>MASHED POTATOES<br>BROCCOLI<br>FRESH ORANGE<br>CHOCOLATE PUDDING<br>30 | <b>MACARONI CHEESE &amp; TURKEY</b><br>SPINACH<br>STEWED TOMATOES<br><b>SWEDISH MEATBALLS OVER EGG NOODLES</b><br>MIXED VEGETABLES<br>PEAS<br>COOKIES<br>31 |                                                                                                                  |                                                                                                                                                                                     |

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                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| FRESH FRUIT<br>1/2 BAGEL<br>PEANUT BUTTER<br>JELLY<br>MARGARINE<br>LOW FAT MILK<br><br><b>1</b>                 | ORANGE JUICE<br>RAISIN BRAN<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><b>2</b>                    | ORANGE JUICE<br>TOASTED OATS<br>YOGURT<br>LOW FAT MILK<br><br><b>3</b>                           | <br><b>4th of July</b><br><br><b>4</b> | ORANGE JUICE<br>OATMEAL<br>ALMONDS AND RAISINS<br>LOW FAT MILK<br><br><b>5</b>                                  |
| FRESH FRUIT<br>1/2 BAGEL<br>PEANUT BUTTER<br>JELLY<br>MARGARINE<br>LOW FAT MILK<br>ORANGE JUICE<br><br><b>8</b> | BANANA<br>BRAN FLAKES<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><b>9</b>                          | FRESH FRUIT<br>FRENCH TOAST<br>SYRUP<br>MARGARINE (2)<br>LOW FAT MILK<br><br><b>10</b>           | ORANGE JUICE<br>TOASTED OATS<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><b>11</b>                                                                                                                | SCRAMBLED EGGS<br>BREAD FOR TOAST<br>JELLY<br>MARGARINE<br>LOW FAT MILK<br><br><b>12</b>                        |
| ORANGE JUICE<br>OATMEAL<br>ALMONDS AND RAISINS<br>LOW FAT MILK<br><br><b>15</b>                                 | ORANGE JUICE<br>BANANA<br>BRAN FLAKES<br>BREAD FOR TOAST (1)<br>MARGARINE (1)<br>LOW FAT MILK<br><br><b>16</b> | FRESH FRUIT<br>1/2 BAGEL<br>PEANUT BUTTER<br>JELLY<br>MARGARINE<br>LOW FAT MILK<br><br><b>17</b> | PEACHES<br>FRENCH TOAST<br>SYRUP<br>MARGARINE (2)<br>LOW FAT MILK<br><br><b>18</b>                                                                                                                           | ORANGE JUICE<br>OATMEAL<br>ALMONDS AND RAISINS<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><b>19</b> |
| FRESH FRUIT<br>SCRAMBLED EGGS<br>BREAD FOR TOAST (2)<br>JELLY<br>MARGARINE (2)<br>LOW FAT MILK<br><br><b>22</b> | ORANGE JUICE<br>FROSTED MINI-WHEATS<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><b>23</b>           | ORANGE JUICE<br>OATMEAL<br>ALMONDS AND RAISINS<br>LOW FAT MILK<br><br><b>24</b>                  | APPLESAUCE<br>RAISIN BRAN<br>BREAD FOR TOAST<br>MARGARINE<br>LOW FAT MILK<br><br><b>25</b>                                                                                                                   | WAFFLES<br>SYRUP<br>MARGARINE (2)<br>LOW FAT MILK<br><br><b>26</b>                                              |
| ORANGE JUICE<br>WAFFLES<br>SYRUP<br>MARGARINE (2)<br>LOW FAT MILK<br><br><b>29</b>                              | FRESH FRUIT<br>1/2 BAGEL<br>PEANUT BUTTER<br>JELLY<br>MARGARINE<br>LOW FAT MILK<br><br><b>30</b>               | ORANGE JUICE<br>TOASTED OATS<br>YOGURT<br>LOW FAT MILK<br><br><b>31</b>                          |                                                                                                                         |                                                                                                                 |