

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

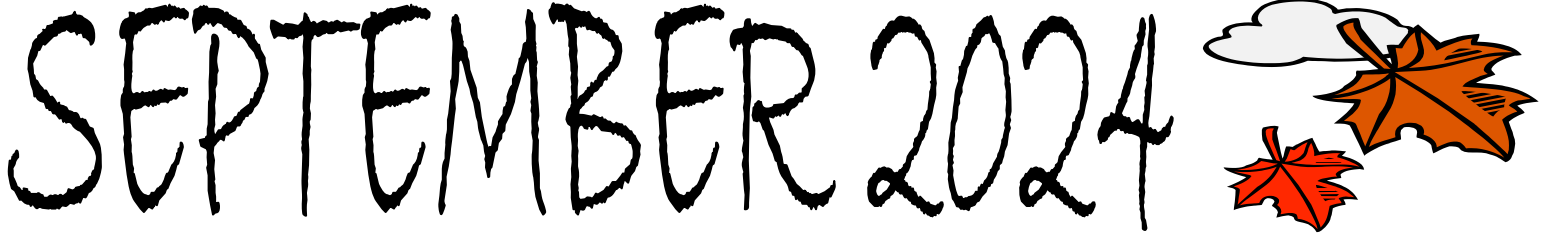
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 Labor Day 2	BARBEQUE CHICKEN SWEET POTATO SUCCOTASH FISH WITH MEXICANA SAUCE OVER RICE CORN ZUCCHINI COOKIES APPLESAUCE 3	CANNELLONI ITALIAN GREEN BEANS CARROT BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA 4	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE 5	SALISBURY STEAK & GRAVY HASH BROWN POTATOES HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 6
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES 9	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH BAKED CHICKEN OVER BROWN RICE MASHED POTATOES BROCCOLI FRESH ORANGE CHOCOLATE PUDDING 10	MACARONI CHEESE & HAM SPINACH STEWED TOMATOES SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS COOKIES 11	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CHEESE LASAGNA GREEN BEANS MIXED VEGETABLES WHEAT BREAD PEACHES 12	TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD 13
SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING 16	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA NOODLE CASSEROLE PEAS CREAMED CORN COOKIES 17	GLAZED HAM SWEET POTATOES LIMA BEANS BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES SPINACH GRAHAM CRACKERS 18	GRILLED CHICKEN OVER BROWN RICE & GRAVY MASHED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING FRUIT CUP 19	SPAGHETTI & MEATBALLS SPINACH ITALIAN BLEND VEGETABLE CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN 20
BEEF STEAK W/ ONION GRAVY MASHED POTATOES BRUSSELL SPROUTS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS COOKIES 23	MACARONI & CHEESE BROCCOLI STEWED TOMATOES FISH STICKS MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE 24	BBQ BEEF BAKED BEANS HASH BROWNS CHEESE CANNALONI GREEN BEANS PEAS AND CORN COOKIES FRUIT COCKTAIL 25	ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS COOKIES 26	CHICKEN FETTUCCINI BROCCOLI HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS COOKIES 27
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES SPINACH LASAGNA CARROTS ZUCCHINI POUND CAKE 30				

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
 Labor Day 2	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 3	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 4	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 5	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 6
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK 9	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 10	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 11	BANANA BRAN FLAKES LOW FAT MILK 12	FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 13
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 16	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK 17	ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 18	BANANA TOASTED OATS YOGURT LOW FAT MILK 19	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 20
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 23	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 24	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 25	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK 26	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 27
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK ORANGE JUICE 30	