

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



# Home Delivered Menu

CHRIS HERNANDEZ, RDN  
 CONTRIBUTION: \$9.00  
 AGE WELL IS A NON-PROFIT 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

# February 2024

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

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. Dept. 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.

