

Age Well® Lunch Menu

Orange County's partner in aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Pork Carnitas Tortillas Roasted Sweet Potatoes Orange Cake Milk <p style="text-align: right;">1</p>	Chicken Tarragon w/ Croissant Split Pea Soup Orange Dessert Milk <p style="text-align: right;">2</p>	Beef Tostados Tomatoes & Lettuce Sautéed Carrots Orange Chocolate Chip Cookies Milk <p style="text-align: right;">3</p>
Lemongrass & Thai Basil Chicken Rice Sautéed Cabbage Orange Oatmeal Raisin Cookies <p style="text-align: right;">6</p>	Chipotle Chicken Sandwich w/Rye Bread Romaine Salad Orange Dessert Milk <p style="text-align: right;">7</p>	Chili Roasted Potatoes Hawaiian Roll Orange Brownie Milk <p style="text-align: right;">8</p>	Tuna Sandwich w/ Whole Wheat Bread Tomato Basil Soup Orange Dessert Milk <p style="text-align: right;">9</p>	French Onion Chicken w/ Rice Spinach Beet Salad Orange Oatmeal Raisin Cookie <p style="text-align: right;">10</p> <p style="text-align: right; font-weight: bold;">SUMMER SOLSTICE</p>
Spaghetti & Meatballs Broccoli Orange Dessert Milk <p style="text-align: right;">13</p>	Chicken Caesar Sandwich w/Rye Bread Italian White Bean Soup Orange Oatmeal Raisin Cookie <p style="text-align: right;">14</p> <p style="text-align: right; font-weight: bold;">FLAG DAY</p>	Pulled Pork Sliders French Roll Coleslaw Orange Pound Cake Milk <p style="text-align: right;">15</p>	Roasted Chicken w/ Red Peppers Roasted Carrot Soup Whole Wheat Bread Orange Oatmeal Cookie <p style="text-align: right;">16</p>	Blackened Chicken Roasted Yams Hawaiian Roll Orange Chocolate Chip Cookie Milk <p style="text-align: right;">17</p> <p style="text-align: right; font-weight: bold;">FATHER'S DAY</p>
Chicken Enchilada Casserole Corn & Black Bean Salad Orange Dessert <p style="text-align: right;">20</p>	Chipotle Chicken Sandwich w/Rye Bread Tomato Basil Soup Orange Oatmeal Raisin Cookie Milk <p style="text-align: right;">21</p>	Salmon w/Panang Curry Sauce Rice Carrot, squash, Celery Orange Brownie <p style="text-align: right;">22</p>	Deviled Egg Sandwich on Wheat Bread Potato Leek Soup Orange Oatmeal Cookie Milk <p style="text-align: right;">23</p>	Chicken Cacciatore w/ Black Olives Mashed Potatoes Wheat Roll Orange Oatmeal Raisin Cookie <p style="text-align: right;">24</p> <p style="text-align: right; font-weight: bold;">BIRTHDAY BASH</p>
Green Chicken Curry Sesame Broccoli Rice Orange Dessert Milk <p style="text-align: right;">27</p>	Chicken Tarragon Sandwich w/Croissant Rainbow Salad Orange Dessert Milk <p style="text-align: right;">28</p>	Chicken Marsala Mashed Potatoes Honey Glazed Carrots Hawaiian Roll Orange Cake Milk <p style="text-align: right;">29</p>	Tuna Sandwich on Wheat Bread Tomato Basil Soup Orange Dessert Milk <p style="text-align: right;">30</p>	<h1>JUNE</h1> <h1>2022</h1>