

Lunch Menu

Age Well Lunch Café Program

Age Well Nutrition Program • NOVEMBER 2022 Menu

SERVICE DATES: Monday – Friday • 11:30 AM – 12:30 PM

Age Well

Orange County's partner in aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BLACK BEAN & BEEF TACO SALAD Black Bean and Beef Taco Salad – Romaine Lettuce, Tomato, Cabbage, Cheese, Chipotle Dressing Corn Tortilla Orange Brownie Milk 1	NICOISE SALAD Nicoise Salad – Romaine Lettuce, tuna, tomato, peas, beans Wheat Roll Orange Cookie Milk 2	GREEN CURRY CHICKEN Green Curry Chicken Rice Spinach & Beet Salad Tropical Fruit Dessert Milk 3	CHICKEN ENCHILADAS BAKED Chicken Enchiladas Baked Carrots Orange Cake Milk 4
SALMON TUSCANA PASTA Salmon Tuscana Pasta Herb Roasted Carrots Orange Cookie Milk 7	CHICKEN TARRAGON SANDWICH Chicken Tarragon w/ Croissant Rainbow Salad – grape, tomatoes, feta, cranberry vinaigrette. Orange Brownie Milk 8	CAESAR CHICKEN SANDWICH Caesar Chicken Sandwich w/whole wheat bread Tomato Basil Soup Orange Juice Cake Milk 9	VETERANS DAY!! Pulled Pork Slider Coleslaw Orange Juice Cookie Milk 10	VETERANS DAY! AGE WELL CLOSED 11
CHICKEN MARSALA Chicken Marsala w/creamy mushrooms Mashed Potatoes Spinach Beet Salad Orange Juice Cookie Milk 14	CHIPOTLE CHICKEN SANDWICH Chipotle Chicken Sandwich w/ Rye Bread Garden Salad Orange Cake Milk 15	SPAGHETTI & MEATBALLS Spaghetti & Meatballs Roasted Broccoli Orange Cookie Milk 16	HONEY GLAZED HAM Honey Glazed Ham Candy Roasted Yams Hawaiian Rolls Orange Cookie Milk 17	BIRTHDAY BASH!!! Lemon Caper Chicken Garden Salad – spinach & veggies Orange Cake Milk 18
THAI BASIL CHICKEN Thai Basil Chicken (Veg: Tofu) Rice Sautéed Cabbage Orange Cookie Milk 21	MEXICAN BEEF LASAGNA Mexican Beef Lasagna (Veg: Tofu) Corn & Black Bean Salad Orange Juice Jello Milk 22	THANKSGIVING!!! Turkey Chef Salad (Veg: Tofu) (Romaine, tomato, cheese, egg, lentil, broccoli, carrots) Herb Vinaigrette Pumpkin Pie Orange Juice Milk 23	HAPPY THANKSGIVING AGE WELL CLOSED! 24	HAPPY THANKSGIVING AGE WELL CLOSED! 25
CHICKEN CACCIATORE Chicken Cacciatore (Veg: Chickpea) Mashed Potatoes Hawaiian Roll Orange Yogurt Parfait Milk 28	MEATBALL STROGANOFF Meatball Stroganoff w/Pasta (Veg: soy crumble meatball) Honey Glazed Carrots & Broccoli Cookie Milk 29	SALMON W/PANANG CURRY Salmon w/Panang Curry (Veg: Lentil) Rice Zucchini & Squash Orange Cake Milk 30	SUGGESTED CONTRIBUTION- 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25	
			AWSS Reserves the right to make substitutes without notice. Our menus, per meal, average around 500-700 calories Katie O'Mara RD	
			Reservations are required 48 hours prior. For Reservations call: 949-724-6900 Age Well is a nonprofit 501 (c)(3). Learn more at www.myagewell.org	

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