

Lunch Menu

Age Well Nutrition Program
December 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

<p>SUGGESTED CONTRIBUTION- 60 YRS OR OLDER: \$5.50 COST - 59 YEARS OR YOUNGER: \$7.00</p> <p>Reservations are required & must be made by 10 AM the prior business day. You can RSVP in person at your center or by calling their designated phone number.</p> <p>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>		<p>CAJUN CHICKEN PASTA</p> <p>Cajun Chicken Pasta Vegetable Medley Tropical Fruit Dessert Milk</p> <p style="text-align: right;">1</p>		<p>BBQ CHICKEN</p> <p>BBQ Chicken Potato Salad & Garden Salad Hawaiian Roll Brownie Orange Milk</p> <p style="text-align: right;">2</p>	
<p>PULLED PORK SLIDERS</p> <p>Pulled Pork Sliders Coleslaw Orange Cookie Milk</p> <p style="text-align: right;">5</p>		<p>CHICKEN TARRAGON</p> <p>Chicken Tarragon w/Wheat Bread Split Pea Soup Orange Juice Brownie Milk</p> <p style="text-align: right;">6</p>		<p>CHILI BEEF</p> <p>Chili Beef Roasted Potatoes Hawaiian Roll Tropical Fruit Milk</p> <p style="text-align: right;">7</p>	
<p>CHICKEN CURRY</p> <p>Chicken Curry Rice Cabbage Medley Cake Milk</p> <p style="text-align: right;">8</p>		<p>Cookies & Carols</p> <p>Salmon Tuscan Pasta Herb Roasted Carrots Oranges Cookie Milk</p> <p style="text-align: right;">9</p>			
<p>SPAGHETI & MEATBALLS</p> <p>Spaghetti & Meatballs Broccoli Medley Cookie Milk</p> <p style="text-align: right;">12</p>		<p>CAESER CHICKEN SANDWICH</p> <p>Caesar Chicken Wheat Sandwich Tomato Basil Soup Orange Juice Cake Milk</p> <p style="text-align: right;">13</p>		<p>PORK CARNITAS</p> <p>Corn Tortillas (2) Spinach Salad (red bell pepper, carrots) Orange Pudding Milk</p> <p style="text-align: right;">14</p>	
<p>MEATBALL STEW W/ LENTIL</p> <p>Meatball Stew w/ Lentil Zucchini & Squash Rice Orange Cookie Milk</p> <p style="text-align: right;">15</p>		<p>HANUKKAH</p> <p>Lemon Caper Chicken Mashed Potatoes & roasted broccoli Hawaiian Roll Mandarin Parfait Milk</p> <p style="text-align: right;">16</p>			
<p>THAI BASIL CHICKEN</p> <p>Thai Basil Chicken Rice Sauteed Cabbage Cookie Milk</p> <p style="text-align: right;">19</p>		<p>CHEESEBURGER</p> <p>Cheese Hamburger w/ Lettuce, Tomato Potato Salad Pineapple Parfait Milk</p> <p style="text-align: right;">20</p>		<p>PORK TOMATILLO</p> <p>Pork Tomatillo Rice Spinach Salad (red bell pepper, carrots) Orange Cookie</p> <p style="text-align: right;">21</p>	
<p>DEVILED EGG SANDWICH</p> <p>Deviled Egg Croissant Sandwich Minestrone Soup Orange Juice Brownie Milk</p> <p style="text-align: right;">22</p>		<p>CHRISTMAS LUNCH</p> <p>Roasted Turkey Mashed Potatoes w/Gravy Balsamic Brussels sprouts Orange Juice Cake Milk</p> <p style="text-align: right;">23</p>			
<p>HOLIDAY OBSERVANCE</p> <p>CLOSED HOLIDAY OBSERVANCE</p> <p style="text-align: right;">26</p>		<p>CHIPOTLE CHICKEN SANDWICH</p> <p>Chipotle Chicken Wheat Sandwich Rainbow Salad (Tomato, Grape & Feta) Orange Cake Milk</p> <p style="text-align: right;">27</p>		<p>SALMON W/PANANG CURRY</p> <p>Roasted Salmon w/ Panang Curry Rice Carrots & Cabbage Orange Juice Cookie Milk</p> <p style="text-align: right;">28</p>	
<p>MEATBALL STROGANOFF</p> <p>Meatball Stroganoff Pasta Carrots & Broccoli Cake Orange Milk</p> <p style="text-align: right;">29</p>		<p>NEW YEARS EVE LUNCH</p> <p>BBQ Chicken Slider Garden Salad (Tomatoes, olives & carrots) Cookie Milk</p> <p style="text-align: right;">30</p>			