


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50 COST - 59 YEARS OR YOUNGER: \$7.50 Reservations are required & must be made by 12pm 2 business days in prior to reservation date. You can RSVP in person at [redacted] or by calling [redacted]. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>		<p>CHILI BEEF Chili Beef Roasted Potatoes Hawaiian Roll Tropical Fruit Milk 1</p>	<p>GREEN CURRY CHICKEN Green Curry Chicken Sauté Cabbage & Baby Corn Rice Orange 2 Brownie & Milk</p>	<p>TUSCAN SALMON Salmon w/ Tuscan Sauce Pasta Sauté Carrots Orange 3 Cookie & Milk</p>
<p>SPAGHETTI MEATBALLS Meatballs w/ Marinara Sauce Spaghetti Spinach Salad Orange 6 Cookie & Milk</p>	<p>CAESAR CHICKEN Caesar Chicken Sandwich Wheat Bread Tomato Basil Soup Orange Juice 7 Cake & Milk</p>	<p>NATIONAL NUTRITION Fish Tacos Tortilla (2) Coleslaw Tropical Fruits Milk 8</p>	<p>TURKEY MEATBALLS Turkey Meatballs w/Red Curry Rice Roasted Cauliflower Orange Juice 9 Cookie & Milk</p>	<p>LEMON CAPER CHICKEN Lemon Caper Chicken Cream of Broccoli Soup Hawaiian Roll Pineapple Parfait 10 Milk</p>
<p>PORK TOMATILLO Pork with Tomatillo Sauce Rice Spinach Salad Orange 13 Cookie & Milk</p>	<p>THAI BASIL CHICKEN Thai Basil Chicken Rice Sauté Broccoli Tropical Fruits 14 Milk</p>	<p>CHEESEBURGER Cheeseburger Lettuce & Tomatoes Potato Salad Pineapple Parfait 15 Milk</p>	<p>DEVIL EGG CROISSANT Devil Egg Croissant Sandwich Roasted Carrot Soup Orange Juice Pound Cake 16 Milk</p>	<p>ST PATRICK'S DAY Corn Beef Boiled Cabbage Hawaiian Roll Orange Juice 17 Chocolate Chip Cookie & Milk</p>
<p>MEATBALL STROGANOFF Meatball Stroganoff w/ Pasta Garden Spinach Salad (Carrots & Red Pepper) Orange Juice 20 Cookie & Milk</p>	<p>CHIPOTLE CHICKEN Chipotle Chicken Sandwich Wheat Bread Split Pea Soup Tropical Fruit 21 Milk</p>	<p>SALMON PANANG CURRY Roasted Salmon - Panang Curry Rice Garlic Carrots & Peas Orange Juice 22 Pound Cake & Milk</p>	<p>TURKEY & EGG SALAD Turkey & Egg Chef Salad (Tomato, Peas & Carrots) Hawaiian Roll Brownie 23 Milk</p>	<p>BBQ CHICKEN SLIDER BBQ Chicken Slider Coleslaw Mandarin Parfait Milk 24</p>
<p>FRENCH ONION CHICKEN French Onion Chicken Red Cabbage Hawaiian Roll Orange 27 Cookie & Milk</p>	<p>TUNA & EGG CHEF SALAD Tuna & Egg Chef Salad (Tomato, Peas & Carrots) Hawaiian Roll Pineapple Cup 28 Milk</p>	<p>BEEF BLACK BEAN TACOS Beef w/ Black Bean Tacos (2) Spinach Salad Orange Juice Cake 29 Milk</p>	<p>RED PEPPER CHICKEN Red Pepper Chicken Sandwich Wheat Bread Tomato Basil Soup Cookie 30 Milk</p>	<p>TERIYAKI CHICKEN  Teriyaki Chicken Roasted Sweet Potatoes Rice Mandarin Parfait 31 Milk</p>



Meal contains sodium over 1000mg

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. Department of Agriculture. Age Well may substitute menu with equal nutritional value due to food price or food availability. This project is funded in parts from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.