


CHRIS HERNANDEZ RDN

MONDAY	TUESDA	WEDNESDA	THURSDA	FRIDA
<b>TURKEY &amp; EGG SALAD</b> Turkey & Egg Chef Salad (Tomato, Peas & Carrots) Wheat Roll Brownie Orange & Milk <b>1</b>	<b>CHIPOTLE CHICKEN</b> Chipotle Chicken Sandwich Wheat Bread Split Pea Soup Tropical Fruit Milk <b>2</b>	<b>COD w/ PANANG CURRY</b> Roasted Cod Fish Panang Curry Rice Garlic Carrots & Peas Orange Juice Pound Cake & Milk <b>3</b>	<b>BBQ CHICKEN SLIDER</b> BBQ Chicken Slider Coleslaw Orange Juice Cookie Milk <b>4</b>	<b>CINCO DE MAYO</b> Mexican Beef Lasagna Garden Salad Mandarin Parfait Milk <b>5</b>
<b>FRENCH ONION CHICKEN</b> French Onion Chicken Red Cabbage Wheat Roll Whole Orange Milk <b>8</b>	<b>TUNA &amp; EGG CHEF SALAD</b> Tuna & Egg Chef Salad (Tomato, Peas & Carrots) Wheat Roll Pineapple Cup Milk <b>9</b>	<b>BEEF BLK BEAN TACOS</b> Beef w/ Black Bean Tacos (2) Spinach Salad Orange Juice Pound Cake Milk <b>10</b>	<b>RED PEPPER CHICKEN</b> Red Pepper Chicken Sandwich Wheat Bread Tomato Basil Soup Cookie Milk <b>11</b>	<b>MOTHERS DAY</b> Teriyaki Chicken Breast w/Roasted Pineapple Sesame Broccoli Rice, Chocolate Cake Milk <b>12</b>
<b>CHICKEN CACCIATORE</b> Chicken Cacciatore Black Olives Mashed Potatoes Wheat Roll Pineapple Parfait Milk <b>15</b>	<b>TUNA SALAD SANDWICH</b> Tuna Salad w/Wheat Bread Roasted Carrot Soup Mandarin Parfait Milk <b>16</b>	<b>MEATBALL STROGANOFF</b> Meatball Stroganoff Pasta Sauté Carrots & Peas Oatmeal Cookie Orange Juice & Milk <b>17</b>	<b>CHICKEN MARSALA</b> Chicken Marsala Rainbow Salad Pasta Orange & Pound Cake Milk <b>18</b>	<b>CILANTRO LIME CHICKEN</b> Cilantro Lime Chicken Garden Salad Wheat Roll Tropical Fruit Milk <b>19</b>
<b>PULLED PORK SLIDERS</b> Pulled Pork Sliders Coleslaw Orange Cookie Milk <b>22</b>	<b>CHICKEN TARRAGON</b> Chicken Tarragon Sandwich Split Pea Soup Orange Juice Apple Sauce Milk <b>23</b>	<b>CHILI BEEF</b> Chili Beef Roasted Potatoes Wheat Roll Tropical Fruit Milk <b>24</b>	<b>GREEN CHICKEN CURRY</b> Green Chicken Curry Sauté Cabbage & Baby Corn Rice Orange Juice Pound Cake & Milk <b>25</b>	<b>BIRTHDAY BASH</b> Beef Hot Dog w/Chili Cheese Spinach Salad Wheat Bun Fruit Cup Milk <b>26</b>
<b>HOLIDAY CLOSURE: MEMORIAL DAY</b>  <b>29</b>	<b>CAESAR CHICKEN</b> Caesar Chicken Sandwich Wheat Bread Tomato Basil Soup Orange Juice & Banana Milk <b>30</b>	<b>PORK CARNITAS</b> Pork Carnitas Tortilla (2) Sauté Broccoli Orange Cookie & Milk <b>31</b>	<b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b> 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	



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.