

South Orange County

Age Well Nutrition Program • October 2023 Menu

Daily Lunch Program

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

CHRIS HERNANDEZ RDN

Age Well®

Orange County's partner in aging




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk 2	BEEF w/BLK BEAN TACOS Mexican Coleslaw Tortillas (2) Seasonal Fruit Milk 3	SALMON PANANG CURRY Sauté Carrots & Peas Rice Seasonal Fruit Milk 4	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Oatmeal Raisin Cookie Orange Milk 5	HANDEL CHICKEN Sweet & Sour Cabbage Wheat Roll Seasonal Fruit Milk 6
VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit Milk 9	RED PEPPER CHICKEN SANDWICH Cream of Broccoli Soup Pound Cake Orange Milk 10	CHEESEBURGER  Sesame Bun Roasted Potato Hash Seasonal Fruit Orange Milk 11	DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk 12	CHICKEN CACCIATORE W/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait 13
TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk 16	CHICKEN MARSALA Rainbow Salad Orange Rice Apple Milk 17	MEDITERRANIAN COD Garden Salad Orange Rice Chocolate Chip Cookie Milk 18	BBQ CHICKEN SLIDER  Cream of Broccoli Soup Orange Juice Wheat Bun Brownie Milk 19	MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Seasonal Fruit Milk 20
MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit Milk 23	TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk 24	SESAME CHICKEN Broccoli & Carrots Orange Juice Rice Oatmeal Raisin Cookie Milk 25	PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake Milk 26	TERRIYAKI CHICKEN Asian Salad Rice Seasonal Fruit Milk 27
TURKEY CHILI Rainbow Salad Corn Bread Seasonal Fruit Milk 30	CHIPOTLE CHICKEN SANDWICH  Split Pea Soup Pound Cake Orange Juice Milk 31		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 _____ or by calling _____. 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 a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.