

CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<p><b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b>  <b>COST - 59 YEARS OR YOUNGER: \$7.50</b>                      Reservations are required &amp; 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</p>					<p><b>CHICKEN CACCIATORE</b>                      Garden Salad                      Wheat Roll                      Pineapple Parfait                      Milk <b>1</b></p>				
<p><b>Labor Day</b>  <b>Holiday Closure</b></p> <p><b>4</b></p>	<p><b>TURKEY &amp; EGG</b>                      Chef Salad                      Wheat Roll                      Peach Cup                      Milk <b>5</b></p>	<p><b>MEDITERRANEAN COD</b>                      Garden Salad                      Rice                      Seasonal Fruit                      Cookie                      Milk <b>6</b></p>	<p><b>BBQ CHICKEN SLIDER</b>                      Cream of Broccoli Soup                      Wheat Bun                      Orange Juice                      Brownie                      Milk <b>7</b></p>	<p><b>MEATBALL STROGANOFF</b>                      Pasta                      Sauté Carrots &amp; Peas                      Mandarin Parfait                      Milk <b>8</b></p>					
<p><b>MIDDLE EASTERN MINCED BEEF</b>                      Mediterranean Salad                      Pita Bread                      Mandarin Cup                      Milk <b>11</b></p>	<p><b>TUNA SALAD SANDWICH</b>                      Roasted Carrot Soup                      Wheat Bread                      Seasonal Fruit                      Apple Sauce                      Milk <b>12</b></p>	<p><b>SESAME CHICKEN</b>                      Broccoli &amp; Carrots                      Rice                      Oatmeal Raisin Cookie                      Orange Juice                      Milk <b>13</b></p>	<p><b>PORK CARNITAS</b>                      Roasted Vegetable Salad                      Tortilla (2)                      Pound Cake                      Seasonal Fruit                      Milk <b>14</b></p>	<p><b>TERIYAKI CHICKEN</b>                      Asian Salad                      Rice                      Pineapple Parfait                      Milk <b>15</b></p>					
<p><b>TURKEY CHILI</b>                      Rainbow Salad                      Roasted Potatoes                      Corn Bread                      Seasonal Fruit                      Milk <b>18</b></p>	<p><b>CHIPOTLE CHICKEN WHEAT SANDWICH</b> 💡                      Split Pea Soup                      Pound Cake                      Orange Juice                      Milk <b>19</b></p>	<p><b>MEXICAN BEEF LASAGNA</b>                      Mexican Coleslaw                      Apple Sauce                      Orange Juice                      Milk <b>20</b></p>	<p><b>LEMON CAPER CHICKEN</b>                      Garden Salad                      Rice                      Seasonal Fruit                      Chocolate Chip Cookie                      Milk <b>21</b></p>	<p><b>TUSCAN SALMON</b>                      Pasta                      Sauté Carrots &amp; Peas                      Pineapple Cup                      Milk <b>22</b></p>					
<p><b>SPAGHETTI MEATBALLS w/ MARINARA SAUCE</b> 💡                      Garden Salad                      Mandarin Cup                      Milk <b>25</b></p>	<p><b>MANGO CHUTNEY CHICKEN SANDWICH</b>                      Tomato Basil Soup                      Seasonal Fruit                      Orange                      Milk <b>26</b></p>	<p><b>TURKEY MEATBALLS w/ RED CURRY SAUCE</b>                      Zucchini &amp; Squash                      Rice                      Pineapple Parfait                      Milk <b>27</b></p>	<p><b>TUNA &amp; EGG</b>                      Chef Salad                      Wheat Roll                      Orange Juice                      Brownie                      Milk <b>28</b></p>	<p><b>CILANTRO LIME CHICKEN</b>                      Asian Slaw                      Rice                      Oatmeal Raisin Cookie                      Seasonal Fruit                      Milk <b>29</b></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. Dept. 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.