

South Orange County Lunch

Age Well Nutrition Program • November 2023 Menu

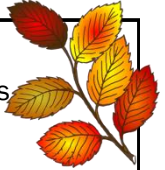
Daily Lunch Program

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
<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>MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk</p> <p style="text-align: right;">1</p>	<p>LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange Milk</p> <p style="text-align: right;">2</p>	<p>TUSCAN SALMON Sauté Carrots & Peas Penne Pasta Seasonal Fruit Milk</p> <p style="text-align: right;">3</p>
<p>MEATBALLS W/ MARINARA </p> <p>Garden Salad Spaghetti Seasonal Fruit Milk</p> <p style="text-align: right;">6</p>	<p>TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit Milk</p> <p style="text-align: right;">7</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange Milk</p> <p style="text-align: right;">8</p>	<p>CHEESEBURGER </p> <p>Roasted Potato Hash Orange Juice Brownie Milk</p> <p style="text-align: right;">9</p>	<p>VETERAN'S DAY HOLIDAY CLOSURE</p> <p style="text-align: right;">10</p>
<p>PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk</p> <p style="text-align: right;">13</p>	<p>CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice Milk</p> <p style="text-align: right;">14</p>	<p>BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla (2) Seasonal Fruit Milk</p> <p style="text-align: right;">15</p>	<p>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Oatmeal Cookie Milk</p> <p style="text-align: right;">16</p>	<p>SALMON PANANG CURRY Sauté Carrots & Peas Rice Tropical Fruit Milk</p> <p style="text-align: right;">17</p>
<p>CHICKEN CACCIATORE W/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait Milk</p> <p style="text-align: right;">20</p>	<p>VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit & Milk</p> <p style="text-align: right;">21</p>	<p>ROASTED TURKEY w/CRANBERRY SAUCE Mashed Potatoes & Gravy Vegetable Medley Corn Bread Stuffing Pumpkin Pie & Milk</p> <p style="text-align: right;">22</p>	<p>THANKSGIVING DAY HOLIDAY CLOSURE</p> <p style="text-align: center;"></p>	<p>THANKSGIVING DAY HOLIDAY CLOSURE</p> <p style="text-align: right;">24</p>
<p>TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk</p> <p style="text-align: right;">27</p>	<p>CHICKEN MARSALA Rainbow Salad Orange Rice Apple Milk</p> <p style="text-align: right;">28</p>	<p>MEDITERRANIAN COD Garden Salad Orange Rice Chocolate Chip Cookie Milk</p> <p style="text-align: right;">29</p>	<p>BBQ CHICKEN SLIDER </p> <p>Cream of Broccoli Soup Orange Juice Brownie Milk</p> <p style="text-align: right;">30</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.