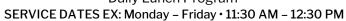


Age Well Nutrition Program • December 2023 Menu

Daily Lunch Program





CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED CONTRIBUTION COST - 59 YEARS OR YOUNG Reservations are required & must be r reservation dateYou can RSVP in person at No special requests or menu substitut notice. Our menus, per meal, average s	ER: \$7.50 hade by 12pm 2 business days in prior to or by calling ions. Menu subject to change without	No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories		MEATBALL STROGANOFF Carrots & Peas Pasta Mandarin Parfait Milk 1
MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Mandarin Cup Milk 4	SESAME CHICKEN Broccoli & Carrots Rice Oatmeal Raisin Cookie Orange Juice Milk 5	TUNA SALAD SANDWICH Roasted Carrot Soup Orange Wheat Bread Apple Sauce Milk 6	PORK CARNITAS Roasted Vegetable Salad Orange Tortillas Pound Cake Milk 7	TERRIYAKI CHICKEN Asian Salad Rice Pineapple Parfait Milk 8
TURKEY CHILI Rainbow Salad Corn Bread Tropical Fruit Milk 11	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Pound Cake Orange Juice Milk 12	MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk 13	LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange Milk 14	TUSCAN SALMON Carrots & Peas Pasta Seasonal Fruit Milk 15
MEATBALLS W/ MARINARA Garden Salad Spaghetti Seasonal Fruit Milk 18	TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit Milk 19	TUNA & EGG Chef Salad Wheat Roll Brownie Orange Juice Milk 20	MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange Milk 21	ROAST TURKEY W/ CRANBERRY SAUCE Broccoli Gratin Mashed Potatoes w/ Gravy Orange Juice & Cake Milk 22
CLOSED ** ** ** ** ** ** ** ** **	BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla (2) Seasonal Fruit Milk 26	CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice Milk 27	ROASTED CHICKEN SCHWARMA Mediterranean Salad Pita Bread & Oatmeal Cookie Orange Milk 28	COD W/ PANANG CURRY SAUCE Sauté Carrots & Peas Rice Tropical Fruit Milk 29