






**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 [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>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>		<p><b>MEATBALL STROGANOFF</b>          Carrots &amp; Peas          Pasta          Mandarin Parfait          Milk <b>1</b></p>
<p><b>MIDDLE EASTERN MINCED BEEF</b>          Mediterranean Salad          Pita Bread          Mandarin Cup          Milk <b>4</b></p>	<p><b>SESAME CHICKEN</b>          Broccoli &amp; Carrots          Rice          Oatmeal Raisin Cookie          Orange Juice          Milk <b>5</b></p>	<p><b>TUNA SALAD SANDWICH</b>          Roasted Carrot Soup          Orange          Wheat Bread          Apple Sauce          Milk <b>6</b></p>	<p><b>PORK CARNITAS</b>          Roasted Vegetable Salad          Orange          Tortillas          Pound Cake          Milk <b>7</b></p>	<p><b>TERRIYAKI CHICKEN</b>          Asian Salad          Rice          Pineapple Parfait          Milk <b>8</b></p>
<p><b>TURKEY CHILI</b>          Rainbow Salad          Corn Bread          Tropical Fruit          Milk <b>11</b></p>	<p><b>CHIPOTLE CHICKEN SANDWICH</b>           Split Pea Soup          Pound Cake          Orange Juice          Milk <b>12</b></p>	<p><b>MEXICAN BEEF LASAGNA</b>          Mexican Coleslaw          Orange Juice          Apple Sauce          Milk <b>13</b></p>	<p><b>LEMON CAPER CHICKEN</b>          Garden Salad          Rice          Chocolate Chip Cookie          Orange          Milk <b>14</b></p>	<p><b>TUSCAN SALMON</b>          Carrots &amp; Peas          Pasta          Seasonal Fruit          Milk <b>15</b></p>
<p><b>MEATBALLS W/ MARINARA</b>           Garden Salad          Spaghetti          Seasonal Fruit          Milk <b>18</b></p>	<p><b>TURKEY MEATBALLS RED CURRY</b>          Zucchini &amp; Squash          Rice          Seasonal Fruit          Milk <b>19</b></p>	<p><b>TUNA &amp; EGG</b>          Chef Salad          Wheat Roll          Brownie          Orange Juice          Milk <b>20</b></p>	<p><b>MANGO CHUTNEY CHICKEN SANDWICH</b>          Tomato Basil Soup          Apple          Orange          Milk <b>21</b></p>	<p><b>ROAST TURKEY W/ CRANBERRY SAUCE</b>           Broccoli Gratin          Mashed Potatoes w/ Gravy          Orange Juice &amp; Cake          Milk <b>22</b></p>
<p><b>CLOSED</b>   <b>25</b></p>	<p><b>BEEF W/ BLACK BEAN TACOS</b>          Mexican Coleslaw          Tortilla (2)          Seasonal Fruit          Milk <b>26</b></p>	<p><b>CHICKEN TARRAGON SANDWICH</b>          Roasted Carrot Soup          Apple Sauce          Orange Juice          Milk <b>27</b></p>	<p><b>ROASTED CHICKEN SCHWARMA</b>          Mediterranean Salad          Pita Bread &amp; Oatmeal Cookie          Orange          Milk <b>28</b></p>	<p><b>COD W/ PANANG CURRY SAUCE</b>          Sauté Carrots &amp; Peas          Rice          Tropical 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. 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.