


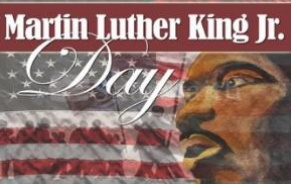





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED</p>  <p>1</p>	<p>CHICKEN KABOB</p> <p>Tabouli Salad Pita Bread Pound Cake Orange Milk</p> <p>2</p>	<p>CHEESEBURGER </p> <p>Sesame Bun Roasted Potato Hash Seasonal Fruit Orange Milk</p> <p>3</p>	<p>DEVIL EGG SANDWICH</p> <p>Split Pea Soup Chocolate Chip Cookie Orange Juice Milk</p> <p>4</p>	<p>CHICKEN CACCIATORE W/ BLACK OLIVES</p> <p>Wheat Roll Garden Salad Pineapple Parfait Milk</p> <p>5</p>
<p>TURKEY & EGG CHEF SALAD</p> <p>Wheat Roll Seasonal Fruit Milk</p> <p>8</p>	<p>CHICKEN MARSALA</p> <p>Rice Rainbow Salad Apple Orange Milk</p> <p>9</p>	<p>MEDITERRANIAN COD</p> <p>Rice Garden Salad Chocolate Chip Cookie Orange Milk</p> <p>10</p>	<p>BBQ CHICKEN SLIDER </p> <p>Wheat Bun Cream of Broccoli Soup Brownie Orange Juice Milk</p> <p>11</p>	<p>MEATBALL STROGANOFF</p> <p>Pasta Sauté Carrots & Peas Seasonal Fruit Milk</p> <p>12</p>
<p>CLOSED</p>  <p>15</p>	<p>TERRIYAKI CHICKEN</p> <p>Rice Asian Salad Seasonal Fruit Milk</p> <p>16</p>	<p>TUNA SALAD SANDWICH</p> <p>Roasted Carrot Soup Apple Sauce Orange Milk</p> <p>17</p>	<p>PORK CARNITAS</p> <p>Tortillas Roasted Vegetable Salad Pound Cake Orange Milk</p> <p>18</p>	<p>ORANGE CHICKEN</p> <p>Rice Broccoli Medley Oatmeal Raisin Cookie Orange Juice Milk</p> <p>19</p>
<p>TURKEY CHILI</p> <p>Corn Bread Rainbow Salad Seasonal Fruit Milk</p> <p>22</p>	<p>CHIPOTLE CHICKEN SANDWICH </p> <p>Split Pea Soup Pound Cake Orange Juice Milk</p> <p>23</p>	<p>MEXICAN BEEF LASAGNA</p> <p>Mexican Coleslaw Apple Sauce Orange Juice Milk</p> <p>24</p>	<p>LEMON CAPER CHICKEN</p> <p>Rice Garden Salad Chocolate Chip Cookie Orange Milk</p> <p>25</p>	<p>TUSCAN SALMON</p> <p>Penne Pasta Sauté Carrots & Peas Seasonal Fruit Milk</p> <p>26</p>
<p>MEATBALLS W/ MARINARA</p> <p>Spaghetti Garden Salad Seasonal Fruit Milk</p> <p>29</p>	<p>TURKEY MEATBALLS RED CURRY</p> <p>Rice Zucchini & Squash Pineapple Parfait Milk</p> <p>30</p>	<p>TUNA & EGG</p> <p>Chef Salad Wheat Roll Brownie Orange Juice Milk</p> <p>31</p>	<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 _____ or by calling _____ No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</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.