



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50 COST - 59 YEARS OR YOUNGER: \$7.50 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>MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Sauce Orange Milk</p>	<p>CILANTRO LIME CHICKEN Asian Slaw Rice Oatmeal Raisin Cookie Orange Milk</p>
<p>PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk</p>	<p>BEEF w/BLK BEAN TACOS Mexican Coleslaw Tortilla (2) Seasonal Fruit Milk</p>	<p>CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice Milk</p>	<p>ROASTED CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Oatmeal Cookie &amp; Milk</p>	<p>COCONUT SHRIMP w/ MANGO SAUCE Sauté Sesame Broccoli Medley Rice Seasonal Fruit Milk</p>
<p>VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit Milk</p>	<p>RED PEPPER CHICKEN SANDWICH Cream of Broccoli Soup Orange Pound Cake Milk</p>	<p>CREAMY CILANTRO LIME SALMON Sauté Red Cabbage Rice Orange Cake &amp; Milk</p>	<p>DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk</p>	<p>CHICKEN CACCIATORE w/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait Milk</p>
<p><b>CLOSED FOR OBSERVANCE OF PRESIDENTS DAY</b> </p>	<p>CHICKEN MARSALA Rainbow Salad Orange Rice Apple Milk</p>	<p>MEDITERRANIAN COD Garden Salad Orange Rice Chocolate Chip Cookie Milk</p>	<p>BBQ CHICKEN SLIDER  Cream of Broccoli Soup Orange Juice Brownie Milk</p>	<p>MEATBALL STROGANOFF Sauté Carrots &amp; Peas Penne Pasta Seasonal Fruit Milk</p>
<p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit Milk</p>	<p>SESAME CHICKEN Broccoli &amp; Carrots Rice Oatmeal Raisin Cookie Orange Juice Milk</p>	<p>TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk</p>	<p>PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake Milk</p>	

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.

Meal contains sodium over 1000mg