




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN POT PIE Ranch Salad Orange Oatmeal Raisin Cookie Milk 1	TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk 2	MEDITERRANIAN COD Garden Salad Rice Chocolate Chip Cookie Orange 3 Milk	BBQ CHICKEN SLIDER  Cream of Broccoli Soup Orange Juice Wheat Bun Brownie 4 Milk	MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Seasonal Fruit Milk 5
MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit 8 Milk	SESAME CHICKEN Broccoli & Carrots Rice Orange Juice Oatmeal Raisin Cookie 9 Milk	TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk 10	PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake 11 Milk	TERRIYAKI CHICKEN Asian Salad Rice Seasonal Fruit Milk 12
TURKEY CHILI Rainbow Salad Corn Bread Seasonal Fruit Milk 15	CHIPOTLE CHICKEN SANDWICH  Split Pea Soup Pound Cake Orange Juice 16 Milk	MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk 17	LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange 18 Milk	TUSCAN SALMON Sauté Carrots & Peas Penne Pasta Seasonal Fruit Milk 19
MEATBALLS W/ MARINARA  Garden Salad Spaghetti Seasonal Fruit 22 Milk	TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit 23 Milk	TUNA & EGG Chef Salad Orange Juice Wheat Roll Brownie 24 Milk	MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange 25 Milk	ROSEMARY CHICKEN Rainbow Salad Cous Cous Orange Cake 26 Milk
PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk 29	SALMON W/ PANANG CURRY SAUCE Sauté Carrots & Peas Rice Seasonal Fruit 30 Milk		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	



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.