




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 [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>VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit Milk</p> <p style="text-align: right;">6</p>	<p>CHICKEN RED PEPPER SANDWICH Cream of Broccoli Soup Pound Cake Orange Milk</p> <p style="text-align: right;">7</p>	<p>CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice Milk</p> <p style="text-align: right;">1</p>	<p>ROASTED CHICKEN SHAWARMA Mediterranean Salad Pita Bread & Orange Oatmeal Cookie Milk</p> <p style="text-align: right;">2</p>	<p>BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla Seasonal Fruit Milk</p> <p style="text-align: right;">3</p> 
<p>TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk</p> <p style="text-align: right;">13</p>	<p>CHICKEN MARSALA Rainbow Salad Rice Orange Apple Milk</p> <p style="text-align: right;">14</p>	<p>CHEESEBURGER Sesame Bun Roasted Potato Hash Apple Orange Milk</p> <p style="text-align: right;">8</p>	<p>DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk</p> <p style="text-align: right;">9</p>	<p>CHICKEN WALDORF CROISSANT Green Bean & Radish Salad Apple Brown Betty Milk</p> <p style="text-align: right;">10</p> 
<p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit Milk</p> <p style="text-align: right;">20</p>	<p>CHICKEN MARSALA Rainbow Salad Rice Orange Apple Milk</p> <p style="text-align: right;">14</p>	<p>MEDITERRANIAN COD Garden Salad Rice Orange Chocolate Chip Cookie Milk</p> <p style="text-align: right;">15</p>	<p>BBQ CHICKEN SLIDER Cream of Broccoli Soup Orange Juice Brownie Milk</p> <p style="text-align: right;">16</p>	<p>MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Seasonal Fruit Milk</p> <p style="text-align: right;">17</p>
<p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit Milk</p> <p style="text-align: right;">20</p>	<p>SESAME CHICKEN Broccoli & Carrots Rice Orange Juice Oatmeal Raisin Cookie Milk</p> <p style="text-align: right;">21</p>	<p>TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk</p> <p style="text-align: right;">22</p>	<p>PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake Milk</p> <p style="text-align: right;">23</p>	<p>MEATLOAF Mashed Potatoes Cowboy Caviar Seasonal Fruit Milk</p> <p style="text-align: right;">24</p>
<p>CLOSED Memorial Day Observance</p>  <p style="text-align: right;">27</p>	<p>CHIPOTLE CHICKEN Split Pea Soup Pound Cake Wheat Bread Orange Juice Milk</p> <p style="text-align: right;">28</p>	<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk</p> <p style="text-align: right;">29</p>	<p>LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange Milk</p> <p style="text-align: right;">30</p>	<p>TUSCAN SALMON Sauté Carrots & Peas Pasta Seasonal Fruit Milk</p> <p style="text-align: right;">31</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. 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.

Meal contains sodium over 1000mg