

South Orange County

June 2024 Menu

SERVING TIMES: 11:30 AM - 12:30 PM

Age Well

Orange County's partner in aging

CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEATBALLS W/ MARINARA Garden Salad Spaghetti Seasonal Fruit Milk 3	TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit Milk 4	TUNA & EGG Chef Salad Orange Juice Wheat Roll Brownie Milk 5	MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange Milk 6	CILANTRO LIME CHICKEN Asian Slaw Orange Rice Oatmeal Raisin Cookie Milk 7
PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk 10	BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla (2) Seasonal Fruit Milk 11	CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice Milk 12	ROASTED CHICKEN SHAWARMA Mediterranean Salad Orange & Oatmeal Cookie Milk 13	BBQ SHREDDED BEEF SLIDER Rosemary Roasted Potatoes Coleslaw Orange Juice, Cookie Milk 14
VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit Milk 17	CHICKEN RED PEPPER SANDWICH Cream of Broccoli Soup Pound Cake Orange Milk 18	CHEESEBURGER Sesame Bun Roasted Potato Hash Apple Orange Milk 19	DEVIL EGG SANDWICH Split Pea Soup Orange Juice Chocolate Chip Cookie Milk 20	CHICKEN CACCIATORE W/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait Milk 21
TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk 24	CHICKEN MARSALA Rainbow Salad Rice Orange Apple Milk 25	MEDITERRANEAN COD Garden Salad Orange Rice Chocolate Chip Cookie Milk 26	BBQ CHICKEN SLIDER Cream of Broccoli Soup Orange Juice Wheat Bun Brownie Milk 27	MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Mandarin Parfait Milk 28
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. 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 California Department of Aging and administered by the Orange County Office on Aging.