South Orange County

August 2024 Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COST - 59 YEARS OR YOU Reservations are required & must reservation date. You can RSVP in person at	e made by 12pm 2 business days in prior t or by calling tutions. Menu subject to change without	0	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 1	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 2
MIDDLE EASTERN GROUND BEEF Steamed Green Beans Couscous Salad & Pita Bread Pineapple Cup Milk	 MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk 	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Rolls Orange; Apple Sauce Milk	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk	HULI HULI CHICKEN Roasted Vegetable Salad Hawaiian Roll Orange Juice Chocolate Chip Cookie Milk
Mexican Coleslaw Apple Sauce Orange Juice	A GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 13	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 14	COCONUT SHRIMP w/ Mango Salsa Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk	SALISBURY BEEF STEAK Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk	9 CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 20	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 21	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 22	LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake Milk 23
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk	6 BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 27	CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 29	SLOPPY JOE Rosemary Roasted Potatoes Corn Salad Watermelon Milk 30

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. Depart. 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.