





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED Labor Day Observance  2	BBQ CHICKEN Potatoes Salad  Carrots w/ Parsley Orange Juice German Chocolate Cake Milk 3	LEMON HERB CHICKEN Moroccan Carrots; Orange Lemon Thyme Brown Rice Chocolate Chip Cookie Milk 4	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 5	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 6
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk 9	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 10	TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup  11 Milk	CHICKEN BANH MI SUB SANDWICH Carrot Soup Tropical Fruit Cup Milk 12	TERIYAKI BURGER Pineapple Salsa  Hawaiian Mac Salad Carrot Cake Milk 13
GROUND BEEF PITA SANDWICH Steamed Green Beans Couscous Salad & Pita Bread Pineapple Cup Milk 16	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk 17	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce Milk 18	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk 19	CHICKEN MARSALA Rainbow Salad Tomato Rice over Bell Pepper Mandarin Cup Milk 20
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 23	GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 24	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 25	COCONUT SHRIMP w/ Mango Salsa Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk 26	SALISBURY BEEF STEAK Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 27
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 30			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 (DR) 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.