



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>CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 1</p>
<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 4</p>	<p>GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 5</p>	<p>CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 6</p>	<p>COCONUT SHRIMP w/ Mango Sauce Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk 7</p>	<p>SALISBURY BEEF STEAK Mashed Potatoes Broccoli Slaw Wheat Roll Patriot Cake Milk 8</p>
<p>CLOSED Veterans Day Observance 11</p>	<p>CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 12</p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 13</p>	<p>CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 14</p>	<p>LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake Milk 15</p>
<p>CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk 18</p>	<p>BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 19</p>	<p>CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 20</p>	<p>ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 21</p>	<p>CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 22</p>
<p>BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 25</p>	<p>SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp Milk 26</p>	<p>ROASTED TURKEY w/CRANBERRY SAUCE Mashed Potatoes & Gravy Corn Bread Stuffing Green Beans Pumpkin Pie; Milk 27</p>	<p>CLOSED Thanksgiving Observance 28</p>	<p>CLOSED Thanksgiving Observance 29</p>



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.