




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk <b>2</b></p>	<p>TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup Milk <b>3</b></p>	<p>CHICKEN BANH MI SANDWICH  Carrot Soup Tropical Fruit Cup Milk <b>4</b></p>	<p>CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk <b>5</b></p>	<p>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk <b>6</b></p>
<p>GROUND BEEF PITA SANDWICH  Steamed Green Beans Couscous Salad &amp; Pita Bread Pineapple Cup Milk <b>9</b></p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk <b>10</b></p>	<p>BEEF MEATLOAF Mashed Potatoes Sauté Peas &amp; Carrots Wheat Roll: Orange Apple Sauce Milk <b>11</b></p>	<p>CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk <b>12</b></p>	<p>CHICKEN MARSALA Rainbow Salad Tomato Rice &amp; Bell Pepper Mandarin Cup Milk <b>13</b></p>
<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk <b>16</b></p>	<p>GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk <b>17</b></p>	<p>CHIPOTLE CHICKEN SANDWICH  Split Pea Soup Tropical Fruit Milk <b>18</b></p>	<p>COCONUT SHRIMP w/ Mango Sauce Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk <b>19</b></p>	<p>ROAST TURKEY W/ CRANBERRY SAUCE Broccoli Gratin Mashed Potatoes w/ Gravy Apple Cake Milk <b>20</b></p>
<p>BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <b>23</b></p>	<p>CHICKEN WALDORF CROISSANT  Cream of Broccoli Soup Cinnamon Baked Apple Milk <b>24</b></p>	<p>CLOSED   Christmas Day Observance <b>25</b></p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk <b>26</b></p>	<p>LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake; Milk <b>27</b></p>
<p>CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk <b>30</b></p>	<p>BEEF &amp; BLACK BEAN BURRITO BOWL Tomato Salsa &amp; Tortilla Chips Cilantro Lime Rice Cocoquito Cake; Milk <b>31</b></p>		<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50 COST - 59 YEARS OR YOUNGER: \$7.50 Reservations are required &amp; 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>	

 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.