

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>CLOSED  1</p>	<p>CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 2</p>	<p>ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 3</p>
<p>BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 6</p>	<p>SESAME CHICKEN Green Goddess Soup Ginger Brown Rice Orange Juice Peach Crisp Milk 7</p>	<p>LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk 8</p>	<p>BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 9</p>	<p>CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 10</p>
<p>CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk 13</p>	<p>CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 14</p>	<p>TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup Milk 15</p>	<p>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 16</p>	<p>GROUND BEEF PHILLY CHEESE SUB Macaroni Salad Chocolate Cake Milk 17</p>
<p> CLOSED MARTIN LUTHER KING DAY 20</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk 21</p>	<p>BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce Milk 22</p>	<p>CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk 23</p>	<p>CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 24</p>
<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 27</p>	<p>GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 28</p>	<p>GARLIC SHRIMP LONGEVITY NOODLES Sauté Napa Cabbage Mango Cake Milk 29</p>	<p>CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 30</p>	<p>SALISBURY BEEF STEAK Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 31</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.