




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <b>3</b>	<b>CHICKEN WALDORF CROISSANT</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk <b>4</b>	<b>ITALIAN BEEF MEATBALL SUB SANDWICH</b>  Tuscan Bean Soup Orange Apple Sauce Milk <b>5</b>	<b>CHICKEN PRIMAVERA PASTA</b> Garden Salad Pineapple Cup Milk <b>6</b>	<b>LEMON CAPER CHICKEN</b> Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake Milk <b>7</b>
<b>CHICKEN FAJITAS w/LIME SALSA</b> Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk <b>10</b>	<b>BEEF BOURGUIGNON</b> Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk <b>11</b>	<b>CHICKEN CACCIATORE</b> Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk <b>12</b>	<b>CHICKEN POT PIE</b> Ranch Salad Tropical Fruit Milk <b>13</b>	<b>ROAST SALMON TACOS w/ CHIMICHURRI SLAW</b> Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe  Milk <b>14</b>
<b>CLOSED</b> 	<b>SESAME CHICKEN</b> Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp Milk <b>18</b>	<b>LEMON HERB CHICKEN</b> Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk <b>19</b>	<b>BEEF MEATBALLS w/MARINARA</b> French Bistro Salad Spaghetti Pineapple Cup Milk <b>20</b>	<b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk <b>21</b>
<b>CHICKEN KEBAB</b> Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk <b>24</b>	<b>CHICKEN BANH MI SANDWICH</b> Carrot Soup Tropical Fruit Cup Milk <b>25</b>	<b>TUSCAN SALMON</b> Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup Milk <b>26</b>	<b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk <b>27</b>	<b>CHEESEBURGER</b> Rosemary Roasted Potatoes Cantaloupe Milk <b>28</b>
<b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b> 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 (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.