


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 2	GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 3	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 4	COCONUT SHRIMP w/ MANGO SAUCE Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk 5	SALISBURY BEEF STEAK Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 6
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 9	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 10	ITALIAN BEEF MEATBALL SUB SANDWICH  Tuscan Bean Soup Orange Apple Sauce Milk 11	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 12	LEMON CAPER CHICKEN Zucchini Squash Medley Macaroni Dill Salad Mandarin Cup Pound Cake Milk 13
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk 16	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 17	CHICKEN CACCIATORE Zucchini, Black Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 18	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 19	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 20
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 23	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp Milk 24	LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk 25	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 26	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 27
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk 30	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 31		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 (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.