

South Orange County

August 2025 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

Age Well®

Orange County's partner in aging

CHRIS HERNANDEZ RDN



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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				ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 1
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 4	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 5	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 6	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 7	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 8 
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Pound Cake Milk 11	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Chocolate Chip Cookie Milk 12	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Peach Crisp Milk 13	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 14	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 15 
BEEF STROGANOFF Zucchini Apple Soup Whole Wheat Penne Pasta Mandarin Cup Milk 18	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 19	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk 20	CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 21	BBQ CHICKEN SLIDER Butter Green Beans Orange Juice Chocolate Chip Cookie Milk 22
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 25	LEMON BUTTER SHRIMP Ranch Salad Linguine Orange Oatmeal Raisin Cookie Milk 26	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 27	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 28	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 29



* 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.