


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>CLOSED Labor Day Observance</p> 	<p>CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk</p> <p style="text-align: right;">2</p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk</p> <p style="text-align: right;">3</p>	<p>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk</p> <p style="text-align: right;">4</p>	<p>TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Pound Cake Milk</p> <p style="text-align: right;">5</p>
<p>CHICKEN PRIMAVERA PASTA Garden Salad Mandarin Cup Milk</p> <p style="text-align: right;">8</p>	<p>CHICKEN FAJITAS w/LIME SALSA Mexican Coleslaw Tortillas Spanish Rice Pineapple Cup & Milk</p> <p style="text-align: right;">9</p>	<p>CHICKEN CACCIATORE Roasted Zucchini & Squash Spinach Lemon Orzo Orange Juice Pound Cake Milk</p> <p style="text-align: right;">10</p>	<p>BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie</p> <p style="text-align: right;">11</p>	<p>ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk</p> <p style="text-align: right;">12</p>
<p>BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk</p> <p style="text-align: right;">15</p>	<p>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk</p> <p style="text-align: right;">16</p>	<p>CHICKEN POT PIE Ranch Salad Tropical Fruit Milk</p> <p style="text-align: right;">17</p>	<p>BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk</p> <p style="text-align: right;">18</p>	<p>CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk</p> <p style="text-align: right;">19</p>
<p>CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Pound Cake Milk</p> <p style="text-align: right;">22</p>	<p>SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Chocolate Chip Cookie Milk</p> <p style="text-align: right;">23</p>	<p>TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Peach Crisp Milk</p> <p style="text-align: right;">24</p>	<p>CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk</p> <p style="text-align: right;">25</p>	<p>CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk</p> <p style="text-align: right;">26</p>
<p>BEEF STROGANOFF Zucchini Apple Soup Whole Wheat Penne Pasta Mandarin Cup Milk</p> <p style="text-align: right;">29</p>	<p>CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk</p> <p style="text-align: right;">30</p>		<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 _____ or by calling _____. 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.