





# October 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
<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		<b>BBQ CHICKEN SLIDER</b> Butter Green Beans Orange Juice Chocolate Chip Cookie Milk <b>1</b>	<b>CHICKEN MARSALA</b> Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk <b>2</b>	<b>BEEF MEATLOAF</b> Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk  <b>3</b>
<b>MEXICAN BEEF LASAGNA</b> Mexican Coleslaw Apple Sauce Orange Juice Milk <b>6</b>	<b>LEMON BUTTER SHRIMP</b> Ranch Salad Linguine Orange Oatmeal Raisin Cookie Milk <b>7</b>	<b>CHIPOTLE CHICKEN SANDWICH</b> Tomato Basil Soup Tropical Fruit Milk <b>8</b>	<b>BUFFALO CHICKEN</b> Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk <b>9</b>	<b>SALISBURY BEEF STEAK</b> Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk <b>10</b>
<b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <b>13</b>	<b>CHICKEN WALDORF SANDWICH</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk <b>14</b>	<b>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk <b>15</b>	<b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk <b>16</b>	<b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Pound Cake Milk <b>17</b>
<b>CHICKEN FAJITAS w/LIME SALSA</b> Mexican Coleslaw Tortillas Spanish Rice Pineapple Cup &; Milk <b>20</b>	<b>BEEF BOURGUIGNON</b> Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk <b>21</b>	<b>CHICKEN CACCIATORE</b> Roasted Zucchini & Squash Spinach Lemon Orzo Orange Juice Pound Cake Milk <b>22</b>	<b>CHICKEN PRIMAVERA PASTA</b> Garden Salad Mandarin Cup Milk <b>23</b>	<b>ROAST SALMON TACOS w/ CHIMICHURRI SLAW</b> Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk <b>24</b>
<b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b> Corn Salad Spanish Rice Tropical Fruit Milk <b>27</b>	<b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk <b>28</b>	<b>CHICKEN POT PIE</b> Ranch Salad Tropical Fruit Milk <b>29</b>	<b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk <b>30</b>	<b>GHOULY BEEF BALLS w/MARINARA SAUCE</b> Bloody French Salad Spaghetti Pineapple Cup Milk  <b>31</b>



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. Depart. 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.