

# December 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>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk <b>1</b>	<b>CHICKEN WALDORF SANDWICH</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk <b>2</b>	<b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk <b>3</b>	<b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <b>4</b>	<b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk <b>5</b>
<b>BEEF MEATBALLS w/MARINARA</b> French Bistro Salad Spaghetti Pineapple Cup Milk <b>8</b>	<b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk <b>9</b>	<b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b> Corn Salad Spanish Rice Tropical Fruit Milk <b>10</b>	<b>CHICKEN POT PIE</b> Ranch Salad Mandarin Cup Milk <b>11</b>	<b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk <b>12</b>
<b>CHICKEN KEBAB</b> Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk <b>15</b>	<b>TUSCAN SALMON</b> Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk <b>16</b>	<b>SESAME CHICKEN</b> Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk <b>17</b>	<b>CHICKEN BANH MI SANDWICH</b> Carrot Soup Tropical Fruit Cup Milk <b>18</b>	<b>ROASTED TURKEY w/CRANBERRY SAUCE</b> Garlic Mashed Potatoes & Gravy Corn Bread Stuffing Green Beans Pumpkin Pie; Milk  <b>19</b>
<b>BEEF STROGANOFF</b> Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk <b>22</b>	<b>CILANTRO LIME CHICKEN</b> Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk <b>23</b>	<b>BBQ CHICKEN SLIDER</b> Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk <b>24</b>	<b>CLOSED</b>  <b>25</b>	<b>BEEF MEATLOAF</b> Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk <b>26</b>
<b>BEEF SLOPPY JOE</b> Creamy Coleslaw Apple Sauce Orange Juice Milk <b>29</b>	<b>CHIPOTLE CHICKEN SANDWICH</b> Tomato Basil Soup Tropical Fruit Milk <b>30</b>	<b>CREAMY LEMON CHICKEN</b> Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk <b>31</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.