

### 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 [redacted] or by calling [redacted].  
 No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories

**MONGOLIAN CHICKEN**  
 Asian Coleslaw  
 Ginger Brown Rice  
 Mandarin Cup  
 Milk **5**

**GROUND BEEF PHILLY**  
 Tex Mex Soup  
 Hoagie Roll  
 Orange  
 Chocolate Chip Cookie  
 Milk **6**

**CHICKEN CACCIATORE**  
 Roasted Zucchini & Squash  
 Italian Pasta Salad  
 Orange Juice  
 Pound Cake  
 Milk **7**

**CLOSED**  
 Happy New Year  
**2026**  
**1**

**SALISBURY BEEF STEAK**  
 Garlic Mashed Potatoes  
 Carrot Raisin Slaw  
 Wheat Roll  
 Orange  
 Milk **2**

**BEEF CHILI**  
 Roasted Potatoes  
 Rainbow Salad  
 Wheat Roll  
 Cantaloupe  
 Milk **12**

**CHICKEN WALDORF SANDWICH**  
 Cream of Broccoli Soup  
 Cinnamon Baked Apple  
 Milk **13**

**ITALIAN BEEF MEATBALL SUB SANDWICH**  
 Tuscan Bean Soup  
 Orange  
 Apple Sauce  
 Milk **14**

**GREEK CHICKEN SLIDER w/TZATZIKI SAUCE**  
 Greek Tomato Salad  
 Cantaloupe  
 Milk **15**

**TERIYAKI CHICKEN**  
 Zucchini Squash Medley  
 Macaroni Salad  
 Mandarin Cup  
 Oatmeal Raisin Cookie  
 Milk **16**

 **CLOSED**  
**MARTIN LUTHER KING DAY**  
**9**

**BEEF w/BEAN TACOS w/ TOMATILLO SLAW**  
 Corn Salad  
 Spanish Rice  
 Tropical Fruit  
 Milk **20**

**CHICKEN POT PIE**  
 Ranch Salad  
 Mandarin Cup  
 Milk **21**

**CHICKEN SHAWARMA**  
 Mediterranean Salad  
 Pita Bread  
 Orange  
 Pound Cake  
 Milk **22**

**CHICKEN TARRAGON SANDWICH**  
 Tomato Basil Soup  
 Orange Juice  
 Cantaloupe  
 Milk **23**

**CHICKEN KEBAB**  
 Moroccan Carrots  
 Mediterranean Pasta Salad  
 Orange Juice  
 Pineapple Cup  
 Milk **26**

**SESAME CHICKEN**  
 Cauliflower Broccoli Soup  
 Ginger Brown Rice  
 Cinnamon Baked Apple  
 Milk **27**

**TUSCAN SALMON**  
 Butter Green Beans  
 Whole Wheat Pasta  
 Orange Juice  
 Oatmeal Raisin Cookie  
 Milk **28**

**CHICKEN BANH MI SANDWICH**  
 Carrot Soup  
 Tropical Fruit Cup  
 Milk **29**

**CHEESEBURGER**  
 Rosemary Roasted Potatoes  
 Cantaloupe  
 Milk **30**



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.