



South Orange County

March 2026 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
BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 2	CHICKEN POT PIE Ranch Salad Mandrin Cup Milk 3	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 4	BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 5	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 6
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pound Cake Milk 9	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk 10	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 11	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk 12	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 13
BBQ CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk 16	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll Orange Apple Sauce & Milk 17	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 18	BEEF STROGANOFF Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk 19	CHICKEN MARSALA Rainbow Salad Linguine Tropical Fruit Cup Milk 20
BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk 23	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 24	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk 25	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 26	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 27
MONGOLIAN CHICKEN Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk 30	CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk 31		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	



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.