

# South Orange County

## April 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
<p><b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b>  <b>COST - 59 YEARS OR YOUNGER: \$7.50</b>                      Reservations are required &amp; 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</p>	<p><b>GROUND BEEF PHILLY</b>                      Tex Mex Soup                      Hoagie Roll                      Orange                      Chocolate Chip Cookie                      Milk <b>1</b></p>	<p><b>CHICKEN SALSA VERDE</b>                      Mexican Coleslaw                      Spanish Rice                      Pineapple Cup                      Milk <b>2</b></p>	<p><b>CHIMICHURRI SALMON</b>                      Green Bean Salad                      Linguine                      Cantaloupe                      Milk <b>3</b></p>	
<p><b>CHICKEN WALDORF SANDWICH</b>                      Cream of Broccoli Soup                      Cinnamon Baked Apple                      Milk <b>6</b></p> 	<p><b>BEEF CHILI</b>                      Roasted Potatoes                      Rainbow Salad                      Wheat Roll                      Cantaloupe                      Milk <b>7</b></p>	<p><b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b>                      Greek Tomato Salad                      Cantaloupe                      Milk <b>8</b></p>	<p><b>ITALIAN BEEF MEATBALL SUB SANDWICH</b>                      Tuscan Bean Soup                      Orange                      Apple Sauce                      Milk <b>9</b></p>	<p><b>TERIYAKI CHICKEN</b>                      Zucchini Squash Medley                      Macaroni Salad                      Mandarin Cup                      Oatmeal Raisin Cookie                      Milk <b>10</b></p>
<p><b>BEEF MEATBALLS w/MARINARA</b>                      French Bistro Salad                      Spaghetti                      Pineapple Cup                      Milk <b>13</b></p>	<p><b>CHICKEN SHAWARMA</b>                      Mediterranean Salad                      Pita Bread                      Orange                      Pound Cake                      Milk <b>14</b></p>	<p><b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b>                      Corn Salad                      Spanish Rice                      Tropical Fruit                      Milk <b>15</b></p>	<p><b>CHICKEN POT PIE</b>                      Ranch Salad                      Mandarin Cup                      Milk <b>16</b></p>	<p><b>CHICKEN TARRAGON SANDWICH</b>                      Tomato Basil Soup                      Orange Juice                      Cantaloupe                      Milk <b>17</b></p> 
<p><b>CHICKEN KEBAB</b>                      Moroccan Carrots                      Mediterranean Pasta Salad                      Orange Juice                      Pound Cake                      Milk <b>20</b></p>	<p><b>TUSCAN SALMON</b>                      Butter Green Beans                      Whole Wheat Pasta                      Orange Juice                      Oatmeal Raisin Cookie                      Milk <b>21</b></p>	<p><b>SESAME CHICKEN</b>                      Cauliflower Broccoli Soup                      Ginger Brown Rice                      Cinnamon Baked Apple                      Milk <b>22</b></p>	<p><b>CHICKEN BANH MI SANDWICH</b>                      Carrot Soup                      Tropical Fruit Cup                      Milk <b>23</b></p>	<p><b>CHEESEBURGER</b>                      Rosemary Roasted Potatoes                      Cantaloupe                      Milk <b>24</b></p>
<p><b>BEEF STROGANOFF</b>                      Steamed Green Beans                      Whole Wheat Penne Pasta                      Mandarin Cup                      Milk <b>27</b></p>	<p><b>CILANTRO LIME CHICKEN</b>                      Mediterranean Salad                      Lemon Thyme Brown Rice                      Orange                      Oatmeal Raisin Cookie                      Milk <b>28</b></p>	<p><b>CHICKEN MARSALA</b>                      Rainbow Salad                      Linguine                      Tropical Fruit Cup                      Milk <b>29</b></p>	<p><b>BEEF MEATLOAF</b>                      Garlic Mashed Potatoes                      Sauté Peas &amp; Carrots                      Wheat Roll:                      Orange                      Apple Sauce &amp; Milk <b>30</b></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. Dept. 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.