

South Orange County

May 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>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</p>				<p>BBQ CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk</p> <p style="text-align: right;">1</p>
<p>BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk</p> <p style="text-align: right;">4</p>	<p>BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk</p> <p style="text-align: right;">5</p>	<p>CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk</p> <p style="text-align: right;">6</p>	<p>SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk</p> <p style="text-align: right;">7</p>	<p>CREAMY LEMON Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk</p> <p style="text-align: right;">8</p>
<p>MONGOLIAN CHICKEN Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk</p> <p style="text-align: right;">11</p>	<p>GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk</p> <p style="text-align: right;">12</p>	<p>CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk</p> <p style="text-align: right;">13</p>	<p>CHICKEN SALSA VERDE Mexican Coleslaw Spanish Rice Pineapple Cup Milk</p> <p style="text-align: right;">14</p>	<p>CHIMICHURRI SALMON Green Bean Salad Linguine Cantaloupe Milk</p> <p style="text-align: right;">15</p>
<p>TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk</p> <p style="text-align: right;">18</p>	<p>CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk</p> <p style="text-align: right;">19</p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk</p> <p style="text-align: right;">20</p>	<p>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk</p> <p style="text-align: right;">21</p>	<p>BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk</p> <p style="text-align: right;">22</p>
<p>CLOSED</p> <p>MEMORIAL DAY HONORING ALL WHO SERVED</p>  <p style="text-align: right;">25</p>	<p>BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk</p> <p style="text-align: right;">26</p>	<p>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk</p> <p style="text-align: right;">27</p>	<p>BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk</p> <p style="text-align: right;">28</p>	<p>CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk</p> <p style="text-align: right;">29</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. 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.