


### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|  |   |  |  |  |
|--|---|--|--|--|
| <p><b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b><br/> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b><br/>         Reservations are required &amp; must be made by 12pm 2 business days in prior to reservation date.<br/>         You can RSVP in person at [redacted] or by calling [redacted].<br/>         No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p> |   | <p><b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b><br/>         Tomato Feta Salad<br/>         Pineapple Cup<br/>         Chocolate Chip Cookie<br/>         Milk <b>1</b></p>                      | <p><b>ITALIAN BEEF MEATBALL SUB SANDWICH</b><br/>         Tuscan Bean Soup<br/>         Orange<br/>         Apple Sauce<br/>         Milk <b>2</b></p>                                   |  <p>CLOSED FOR INDEPENDENCE DAY OBSERVANCE</p>  |
| <p><b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b><br/>         Corn Salad<br/>         Spanish Rice<br/>         Tropical Fruit<br/>         Milk <b>6</b></p>   | <p><b>CHICKEN SHAWARMA</b><br/>         Creamy Cauliflower Soup<br/>         Pita Bread<br/>         Orange<br/>         Milk <b>7</b></p>  | <p><b>BEEF MEATBALLS w/MARINARA</b><br/>         French Bistro Salad<br/>         Spaghetti<br/>         Pineapple Cup<br/>         Milk <b>8</b></p>  | <p><b>BBQ CHICKEN SLIDER w/ WHOLE WHEAT BUN</b><br/>         Ranch Salad<br/>         Tropical Fruit<br/>         Milk <b>9</b></p>  | <p><b>CHICKEN TARRAGON SANDWICH</b><br/>         Tomato Basil Soup<br/>         Orange Juice<br/>         Chocolate Chip Cookie<br/>         Milk <b>10</b></p>                |
| <p><b>CHICKEN KEBAB</b><br/>         Moroccan Carrots<br/>         Mediterranean Pasta Salad<br/>         Pineapple Cup<br/>         Milk <b>13</b></p>  | <p><b>SESAME CHICKEN</b> 💡<br/>         Garlic Edamame Medley<br/>         Ginger Brown Rice<br/>         Orange<br/>         Milk <b>14</b></p>  | <p><b>CREAMY SALMON</b><br/>         Tuscan Bean Soup<br/>         Whole Wheat Pasta<br/>         Orange Juice<br/>         Milk <b>15</b></p>   | <p><b>TURKEY CHILI</b> 💡<br/>         Mashed Potatoes<br/>         Coleslaw<br/>         Wheat Roll<br/>         Tropical Fruit Cup<br/>         Milk <b>16</b></p>                      | <p><b>CHEESEBURGER</b><br/>         Rosemary Roasted Potatoes<br/>         Orange<br/>         Milk <b>17</b></p>  |
| <p><b>BEEF STROGANOFF</b><br/>         Balsamic Cabbage<br/>         Whole Wheat Penne Pasta<br/>         Pineapple Cup<br/>         Milk <b>20</b></p>  | <p><b>CILANTRO LIME CHICKEN</b><br/>         Mediterranean Salad<br/>         Lemon Thyme Brown Rice<br/>         Orange<br/>         Oatmeal Raisin Cookie<br/>         Milk <b>21</b></p> | <p><b>BEEF MEATLOAF</b><br/>         Garlic Mashed Potatoes<br/>         Sauté Peas &amp; Carrots<br/>         Wheat Roll:<br/>         Orange<br/>         Apple Sauce &amp; Milk <b>22</b></p> | <p><b>ASIAN TURKEY TACOS</b><br/>         Ginger Carrot Soup<br/>         Tortillas<br/>         Tropical Fruit Cup<br/>         Milk <b>23</b></p>                                      | <p><b>MANGO CHICKEN SLIDER</b><br/>         Zucchini Apple Soup<br/>         Orange Juice<br/>         Chocolate Chip Cookie<br/>         Milk <b>24</b></p>                   |
| <p><b>BEEF SLOPPY JOE</b><br/>         Creamy Coleslaw<br/>         Apple Sauce<br/>         Orange Juice<br/>         Milk <b>27</b></p>  | <p><b>CREAMY LEMON CHICKEN</b><br/>         Ranch Salad<br/>         Penne Pasta<br/>         Orange<br/>         Oatmeal Raisin Cookie<br/>         Milk <b>28</b></p>                     | <p><b>CHIPOTLE CHICKEN SANDWICH</b><br/>         Tomato Basil Soup<br/>         Tropical Fruit<br/>         Milk <b>29</b></p>   | <p><b>BUFFALO CHICKEN</b><br/>         Honey Glazed Carrots<br/>         Cilantro Lime Brown Rice<br/>         Orange<br/>         Chocolate Chip Cookie<br/>         Milk <b>30</b></p> | <p><b>SALISBURY BEEF STEAK</b><br/>         Garlic Mashed Potatoes<br/>         Carrot Raisin Slaw<br/>         Wheat Roll<br/>         Orange<br/>         Milk <b>31</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. 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.