

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONGOLIAN CHICKEN Garlic Edamame Medley Ginger Brown Rice Tropical Cup Milk 3	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk 4	CHICKEN CACCIATORE Zucchini Apple Soup Italian Pasta Salad Orange Juice Oatmeal Raisin Cookie Milk 5	KOREAN BEEF MEATBALLS Creamy Cauliflower Medley Lemon Thyme Rice Pineapple Cup Milk 6	CHIMICHURRI SALMON Balsamic Red Cabbage Spanish Rice Orange Milk 7
BEEF CHILI Roasted Potatoes Coleslaw Wheat Roll Orange Milk 10	CHICKEN WALDORF SANDWICH Split Pea Soup Cinnamon Baked Apple Milk 11	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 12	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Tomato Feta Salad Pineapple Cup Chocolate Chip Cookie Milk 13	TERIYAKI CHICKEN Sesame Cabbage Medley Ginger Rice Orange Juice Oatmeal Raisin Cookie Milk 14
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 17	CHICKEN SHAWARMA Creamy Cauliflower Soup Pita Bread Orange Milk 18	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 19	BBQ CHICKEN SLIDER w/ WHOLE WHEAT BUN Ranch Salad Tropical Fruit Milk 20	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Chocolate Chip Cookie Milk 21
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Pineapple Cup Milk 24	SESAME CHICKEN Garlic Edamame Medley Ginger Brown Rice Orange Milk 25	CREAMY SALMON Tuscan Bean Soup Whole Wheat Pasta Orange Juice Milk 26	TURKEY CHILI Mashed Potatoes Coleslaw Wheat Roll Tropical Fruit Cup Milk 27	CHEESEBURGER Rosemary Roasted Potatoes Orange Milk 28
BEEF STROGANOFF Balsamic Cabbage Whole Wheat Penne Pasta Pineapple Cup 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 prior to reservation date. You can RSVP in person at _____ or by calling _____. 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.