

South Orange County

MONDAY

September 2026 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

Age Well®

Orange County's partner in aging

CHRIS HERNANDEZ RDN

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	ASIAN TURKEY TACOS Ginger Carrot Soup Tortillas Ginger Thyme Brown Rice Tropical Fruit Cup Milk 1	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk 2	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 3	MANGO CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk 4
CLOSED Labor Day Observance 	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk 8	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 9	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 10	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 11
MONGOLIAN CHICKEN Garlic Edamame Medley Ginger Brown Rice Tropical Cup Milk 14	KORAN BEEF MEATBALLS Creamy Cauliflower Medley Lemon Thyme Rice Pineapple Cup Milk 15	CHICKEN CACCIATORE Zucchini Apple Soup Italian Pasta Salad Orange Juice Oatmeal Raisin Cookie Milk 16	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk 17	CHIMICHURRI SALMON Balsamic Red Cabbage Spanish Rice Orange Milk 18
BEEF CHILI Roasted Potatoes Coleslaw Wheat Roll Orange Milk 21	CHICKEN WALDORF SANDWICH Split Pea Soup Cinnamon Baked Apple Milk 22	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 23	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Tomato Feta Salad Pineapple Cup Chocolate Chip Cookie Milk 24	TERIYAKI CHICKEN Sesame Cabbage Medley Ginger Rice Orange Juice Oatmeal Raisin Cookie Milk 25
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 28	CHICKEN SHAWARMA Creamy Cauliflower Soup Pita Bread Orange Milk 29	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 30	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.