



Age Well[®]

Orange County's partner in aging

October 2026 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

CHRIS HERNANDEZ RDN

Age Well is a nonprofit organization. Your voluntary contributions are appreciated, and your support provides meals to our community. Voluntary contributions are not required for service.

There is no obligation to contribute. All contributions are confidential. No one eligible is turned away for inability to pay.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 _____ or by calling _____. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories			CHICKEN CACCIATORE Creamed Spinach Whole Wheat Penne Orange Milk 1	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Milk 2
SESAME CHICKEN Edamame Slaw Ginger Brown Rice Orange Juice Milk 5	TURKEY CHILI Mashed Potato Carrot Raisin Slaw Wheat Roll Orange Juice Milk 6	TUSCAN SALMON Cauliflower Soup Whole Wheat Pasta Orange Milk 7	CHICKEN KEBOB Zucchini Apple Soup Pita Bread Orange Juice Milk 8	CHEESEBURGER SLIDER Coleslaw Orange Milk 9
CHICKEN BANH MI SUB Ginger Carrot Soup Orange Juice Milk 12	CHICKEN SALSA VERDE Cauliflower Gratin Spanish Rice Orange Milk 13	BEEF MEATBALL STROGANOFF Rainbow Salad Whole Wheat Penne Orange Juice Milk 14	ASIAN TURKEY TACOS Sesame Coleslaw Tortillas Orange Milk 15	BBQ CHICKEN SLIDER Potato Vegetable Bisque Whole Wheat Bun Orange Milk 16
CREAMY LEMON CHICKEN Rainbow Salad Penne Pasta Orange Milk 19	THAI BASIL GROUND TURKEY Zucchini Apple Soup Ginger Brown Rice Orange Juice Milk 20	SWEET & SOUR BEEF MEATBALLS Sesame Cabbage Lemon Thyme Brown Rice Orange Milk 21	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Orange Juice Milk 22	SALISBURY BEEF STEAK Garlic Mashed Potato Carrot Raisin Slaw Wheat Roll Orange Juice Milk 23
TERIYAKI CHICKEN Edamame Coleslaw Ginger Brown Rice Orange Juice Milk 26	CHICKEN WALDORF SANDWICH Potato Vegetable Bisque Orange Milk 27	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Juice Milk 28	CHICKEN SLIDER Ranch Salad Orange Milk 29	CHIMICHURRI SALMON Balsamic Cabbage Spanish Rice Orange Milk 30



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.