

Age Well

Orange County's Partnership in Aging

CHRIS HERNANDEZ RDN

July 2024 Menu

RSM location serves lunch at noon

South Orange
County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COCONUT SHRIMP w/ Mango Salsa Zucchini Apple Soup Cilantro Lime Rice Orange Chocolate Chip Cookie; Milk 1	MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 2	CHILI HOT DOG Tangy Coleslaw BBQ Baked Beans Mandarin Jello Milk 3	CLOSED Independence Day Observance 	SALISBURY BEEF STEAK Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 5
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 8	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 9	ITALIAN BEEF MEATBALL  SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 10	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 11	LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake Milk 12
CHICKEN FAJITAS w/ LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple-Cup Milk 15	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 16	CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 17	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 18	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 19
BEEF w/ BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 22	SESAME CHICKEN Green Goddess Soup Ginger Brown Rice Orange Juice Peach Crisp Milk 23	LEMON PERSIAN CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk 24	BEEF MEATBALLS w/ MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 25	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 26
CHICKEN KEBOB Moroccan Carrots Spanish Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk 29	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 30	TUSCAN SALMON Balsamic Green Beans w/ Pearl Onions Whole Wheat 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 in prior to reservation date. You can RSVP in person at Bel-Tower or by calling 949-709-7592 No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average \$500 - 700 calories	

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. Depart. 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.