

South Orange County

September 2024 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

Age Well®

Orange County's partner in aging

CHRIS HERNANDEZ RDN

MONDAY

CLOSED
Labor Day Observance



2

TUESDAY

BBQ CHICKEN

Potatoes Salad
Carrots w/ Parsley
Orange Juice
German Chocolate Cake
Milk



3

WEDNESDAY

LEMON HERB CHICKEN

Moroccan Carrots; Orange
Lemon Thyme Brown Rice
Chocolate Chip Cookie
Milk

4

THURSDAY

BEEF MEATBALLS

w/MARINARA
French Bistro Salad
Spaghetti
Pineapple Cup
Milk

5

FRIDAY

CHICKEN TARRAGON SANDWICH

Tomato Basil Soup
Orange Juice
Cantaloupe
Milk

6

CHICKEN KEBAB

Moroccan Carrots
Spinach Tomato Orzo
Orange Juice
Oatmeal Raisin Cookie
Milk

9

CHICKEN SHAWARMA

Mediterranean Salad
Pita Bread
Orange
Pound Cake
Milk

10

TUSCAN SALMON

Balsamic Green Beans
w/Pearl Onions
Whole Wheat Pasta
Pineapple Cup
Milk



11

CHICKEN BANH MI SUB SANDWICH

Carrot Soup
Tropical Fruit Cup
Milk

12

TERIYAKI BURGER

Pineapple Salsa
Hawaiian Mac Salad
Carrot Cake
Milk



13

GROUND BEEF PITA SANDWICH

Steamed Green Beans
Couscous Salad & Pita Bread
Pineapple Cup
Milk

16

MANGO CHUTNEY CHICKEN SANDWICH

Zucchini Apple Soup
Orange Juice
Cinnamon Baked Apple
Milk

17

BEEF MEATLOAF

Mashed Potatoes
Sauté Peas & Carrots
Wheat Roll: Orange
Apple Sauce
Milk

18

CILANTRO LIME CHICKEN

Mediterranean Salad
Lemon Thyme Brown Rice
Orange
Oatmeal Cookie
Milk

19

CHICKEN MARSALA

Rainbow Salad
Tomato Rice over Bell Pepper
Mandarin Cup
Milk

20

MEXICAN BEEF LASAGNA

Mexican Coleslaw
Apple Sauce
Orange Juice
Milk

23

GREEK TURKEY BURGER w/TZATZIKI SAUCE

Greek Tomato Salad
Cantaloupe
Milk

24

CHIPOTLE CHICKEN SANDWICH

Split Pea Soup
Tropical Fruit
Milk

25

COCONUT SHRIMP

w/ Mango Salsa
Zucchini Apple Soup
Cilantro Lime Rice; Orange
Chocolate Chip Cookie
Milk

26

SALISBURY BEEF STEAK

Rosemary Roasted Potatoes
Carrot Raisin Slaw
Wheat Roll
Orange
Milk

27

BEEF CHILI

Roasted Potatoes
Rainbow Salad
Wheat Roll
Cantaloupe
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 _____ or by calling _____.

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. 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.

Meal contains sodium over 1000mg