



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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED</b> Labor Day Observance  <b>2</b>	<b>BBQ CHICKEN</b> Potatoes Salad Carrots w/ Parsley  Orange Juice German Chocolate Cake Milk <b>3</b>	<b>LEMON HERB CHICKEN</b> Moroccan Carrots; Orange Lemon Thyme Brown Rice Chocolate Chip Cookie Milk <b>4</b>	<b>BEEF MEATBALLS</b> w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk <b>5</b>	<b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk <b>6</b>
<b>CHICKEN KEBAB</b> Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk <b>9</b>	<b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk <b>10</b>	<b>TUSCAN SALMON</b> Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup Milk  <b>11</b>	<b>CHICKEN BANH MI SUB SANDWICH</b> Carrot Soup Tropical Fruit Cup Milk <b>12</b>	<b>TERIYAKI BURGER</b> Pineapple Salsa Hawaiian Mac Salad Carrot Cake Milk  <b>13</b>
<b>GROUND BEEF PITA SANDWICH</b> Steamed Green Beans Couscous Salad & Pita Bread Pineapple Cup Milk <b>16</b>	<b>MANGO CHUTNEY</b> <b>CHICKEN SANDWICH</b> Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk <b>17</b>	<b>BEEF MEATLOAF</b> Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce Milk <b>18</b>	<b>CILANTRO LIME CHICKEN</b> Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk <b>19</b>	<b>CHICKEN MARSALA</b> Rainbow Salad Tomato Rice over Bell Pepper Mandarin Cup Milk <b>20</b>
<b>MEXICAN BEEF LASAGNA</b> Mexican Coleslaw Apple Sauce Orange Juice Milk <b>23</b>	<b>GREEK TURKEY BURGER</b> w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk <b>24</b>	<b>CHIPOTLE CHICKEN</b> <b>SANDWICH</b> Split Pea Soup Tropical Fruit Milk <b>25</b>	<b>COCONUT SHRIMP</b> w/ Mango Salsa Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk <b>26</b>	<b>SALISBURY BEEF STEAK</b> Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk <b>27</b>
<b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <b>30</b>			<b>SUGGESTED CONTRIBUTION</b> - 60 YRS OR OLDER: \$5.50 <b>COST - 59 YEARS OR YOUNGER: \$7.50</b> 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. 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.



Meal contains sodium over 1000mg