



South  
Orange  
County

## December 2025 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

Age Well  
Aging with Dignity Program  
CHRIS HERNANDEZ RDN



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| ITALIAN BEEF MEATBALL<br>SUB SANDWICH<br>Tuscan Bean Soup<br>Orange<br>Apple Sauce<br>Milk<br>1               | CHICKEN WALDORF<br>SANDWICH<br>Cream of Broccoli Soup<br>Cinnamon Baked Apple<br>Milk<br>2                      | GREEK CHICKEN SLIDER<br>w/TZATZIKI SAUCE<br>Greek Tomato Salad<br>Cantaloupe<br>Milk<br>3              | BEEF CHILI<br>Roasted Potatoes<br>Rainbow Salad<br>Wheat Roll<br>Cantaloupe<br>Milk<br>4   | TERIYAKI CHICKEN<br>Zucchini Squash Medley<br>Macaroni Salad<br>Mandarin Cup<br>Oatmeal Raisin Cookie<br>Milk<br>5                     |
| BEEF MEATBALLS<br>w/MARINARA<br>French Bistro Salad<br>Spaghetti<br>Pineapple Cup<br>Milk<br>8                | CHICKEN SHAWARMA<br>Mediterranean Salad<br>Pita Bread<br>Orange<br>Pound Cake<br>Milk<br>9                      | BEEF w/BEAN TACOS<br>w/ TOMATILLO SLAW<br>Corn Salad<br>Spanish Rice<br>Tropical Fruit<br>Milk<br>10   | CHICKEN POT PIE<br>Ranch Salad<br>Mandarin Cup<br>Milk<br>11   | CHICKEN TARRAGON<br>SANDWICH<br>Tomato Basil Soup<br>Orange Juice<br>Cantaloupe<br>Milk<br>12  |
| CHICKEN KEBAB<br>Moroccan Carrots<br>Mediterranean Pasta Salad<br>Orange Juice<br>Pineapple Cup<br>Milk<br>15 | TUSCAN SALMON<br>Butter Green Beans<br>Whole Wheat Pasta<br>Orange Juice<br>Oatmeal Raisin Cookie<br>Milk<br>16 | SESAME CHICKEN<br>Cauliflower Broccoli Soup<br>Ginger Brown Rice<br>Cinnamon Baked Apple<br>Milk<br>17 | CHICKEN BANH MI<br>SANDWICH<br>Carrot Soup<br>Tropical Fruit Cup<br>Milk<br>18   | ROASTED TURKEY<br>w/CRANBERRY SAUCE<br>Garlic Mashed Potatoes & Gravy<br>Corn Bread Stuffing<br>Green Beans<br>Pumpkin Pie; Milk<br>19 |
| 22  | 23  | 24   | CLOSED<br>Merry<br>Christmas<br>25   | 26   |
| 29  | 30  | 31   | SUGGESTED CONTRIBUTION<br>60 YRS OR OLDER: \$5.50<br>COST - 59 YEARS OR YOUNGER: \$7.50<br>Reservations are required & must be made by 12pm 2 business days in prior to<br>reservation date.<br>You can RSVP in person at <b>RSM</b> or by calling <b>949.709.1512</b><br>No special requests or menu substitutions. Menu subject to change without<br>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. Dept. 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.