

December 2025 Menu

SERVING TIMES: 11:30 AM - 12:30 PM

Age Well

CHRIS HERNANDEZ RDN





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 1	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 2	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 3	BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 4	TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk 5
BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 8	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 9	BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 10	CHICKEN POT PIE Ranch Salad Mandarin Cup Milk 11	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 12
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk 15	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk 16	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk 17	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 18	ROASTED TURKEY w/CRANBERRY SAUCE Garlic Mashed Potatoes & Gravy Corn Bread Stuffing Green Beans Pumpkin Pie; Milk  19
22	23	24		
29	30	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 RSM 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	



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.