

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 [redacted] or by calling [redacted].
 No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories

CLOSED
 Happy New Year
2026
 1

CLOSED

2

MONGOLIAN CHICKEN

Asian Coleslaw
 Ginger Brown Rice
 Mandarin Cup
 Milk

5

GROUND BEEF PHILLY

Tex Mex Soup
 Hoagie Roll
 Orange
 Chocolate Chip Cookie
 Milk

6

CHICKEN CACCIATORE

Roasted Zucchini & Squash
 Italian Pasta Salad
 Orange Juice
 Pound Cake
 Milk

7

CHICKEN SALSA VERDE

Mexican Coleslaw
 Spanish Rice
 Pineapple Cup
 Milk

8

CHIMICHURRI SALMON

Green Bean Salad
 Linguine
 Cantaloupe
 Milk

9

BEEF CHILI

Roasted Potatoes
 Rainbow Salad
 Wheat Roll
 Cantaloupe
 Milk

12

CHICKEN WALDORF SANDWICH

Cream of Broccoli Soup
 Cinnamon Baked Apple
 Milk

13

ITALIAN BEEF MEATBALL SUB SANDWICH

Tuscan Bean Soup
 Orange
 Apple Sauce
 Milk

14

GREEK CHICKEN SLIDER w/TZATZIKI SAUCE

Greek Tomato Salad
 Cantaloupe
 Milk

15

TERIYAKI CHICKEN

Zucchini Squash Medley
 Macaroni Salad
 Mandarin Cup
 Oatmeal Raisin Cookie
 Milk

16



9

BEEF w/BEAN TACOS w/ TOMATILLO SLAW

Corn Salad
 Spanish Rice
 Tropical Fruit
 Milk

20

CHICKEN POT PIE

Ranch Salad
 Mandarin Cup
 Milk

21

CHICKEN SHAWARMA

Mediterranean Salad
 Pita Bread
 Orange
 Pound Cake
 Milk

22

CHICKEN TARRAGON SANDWICH

Tomato Basil Soup
 Orange Juice
 Cantaloupe
 Milk

23

CHICKEN KEBAB

Moroccan Carrots
 Mediterranean Pasta Salad
 Orange Juice
 Pineapple Cup
 Milk

26

SESAME CHICKEN

Cauliflower Broccoli Soup
 Ginger Brown Rice
 Cinnamon Baked Apple
 Milk

27

TUSCAN SALMON

Butter Green Beans
 Whole Wheat Pasta
 Orange Juice
 Oatmeal Raisin Cookie
 Milk

28

CHICKEN BANH MI SANDWICH

Carrot Soup
 Tropical Fruit Cup
 Milk

29

CHEESEBURGER

Rosemary Roasted Potatoes
 Cantaloupe
 Milk

30



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.