



South Orange
County

January 2026 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
<p>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</p>				CLOSED
				1
MONGOLIAN CHICKEN Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk	CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk	CHICKEN SALSA VERDE Mexican Coleslaw Spanish Rice Pineapple Cup Milk	CHIMICHURRI SALMON Green Bean Salad Linguine Cantaloupe Milk
5	6	7	8	9
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk	TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk
12	13	14	15	16
	BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk	CHICKEN POT PIE Ranch Salad Mandarin Cup Milk	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk
9	20	21	22	23
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk
26	27	28	29	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. 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.