

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50  
COST - 59 YEARS OR YOUNGER: \$7.50

Reservations must be made by 12pm TWO business days in advance.

RSVP in person at the Bell Tower 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

**PULLED PORK SLIDER**  
Coleslaw  
Orange  
Chocolate Chip Cookie  
Milk

**BEEF w/BLK BEAN TACOS**  
Mexican Coleslaw  
Tortilla (2)  
Seasonal Fruit  
Milk

**CHICKEN TARRAGON SANDWICH**  
Roasted Carrot Soup  
Apple Sauce  
Orange Juice  
Milk

**CHICKEN TARRAGON SANDWICH**  
Roasted Carrot Soup  
Apple Sauce  
Orange Juice  
Milk

**VIETNAMESE MINCED PORK**  
Asian Slaw  
Rice  
Seasonal Fruit  
Milk

**RED PEPPER CHICKEN SANDWICH**  
Cream of Broccoli Soup  
Orange  
Pound Cake  
Milk

**CREAMY CILANTRO LIME SALMON**  
Sauté Red Cabbage  
Rice  
Orange  
Cake & Milk

**DEVIL EGG SANDWICH**  
Split Pea Soup  
Chocolate Chip Cookie  
Orange Juice  
Milk

**CLOSED FOR OBSERVANCE OF PRESIDENTS DAY**

**CHICKEN MARSALA**  
Rainbow Salad  
Orange  
Rice  
Apple  
Milk

**MEDITERRANEAN COD**  
Garden Salad  
Orange  
Rice  
Chocolate Chip Cookie  
Milk

**BBQ CHICKEN SLIDER**  
Cream of Broccoli Soup  
Orange Juice  
Brownie  
Milk

**MIDDLE EASTERN MINCED BEEF**  
Mediterranean Salad  
Pita Bread  
Seasonal Fruit  
Milk

**SESAME CHICKEN**  
Broccoli & Carrots  
Rice  
Oatmeal Raisin Cookie  
Orange Juice  
Milk

**TUNA SALAD SANDWICH**  
Roasted Carrot Soup  
Orange  
Apple Sauce  
Milk

**PORK CARNITAS**  
Roasted Vegetable Salad  
Orange  
Tortillas (2)  
Pound Cake  
Milk

**CHICKEN CACCIA TONNE w/ BLACK OLIVES**  
Garden Salad  
Wheat Roll  
Pineapple Parfait  
Milk

**MEATBALL STROGANOFF**  
Sauté Carrots & Peas  
Penne Pasta  
Seasonal Fruit  
Milk

**CHICKEN CACCIA TONNE w/ BLACK OLIVES**  
Garden Salad  
Wheat Roll  
Pineapple Parfait  
Milk

**CHICKEN CACCIA TONNE w/ BLACK OLIVES**  
Garden Salad  
Wheat Roll  
Pineapple Parfait  
Milk



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. See Well may substitute a menu with equal nutritional value due to 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