



August 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
BBQ CHICKEN SANDWICH 3 Lettuce, Relish Coleslaw, Broccoli Applesauce; Milk [Veg: BBQ Seitan Sandwich]	THAI CHICKEN CURRY 4 Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Orange Juice; Milk [Veg: Thai Tofu Curry]	BEEF BOLOGNESE 5 Whole Wheat Penne Pasta Caesar Salad, Tomato, Cucumber Pineapple; Milk [Veg: Soy "Bolognese"]	TOMATO SOUP & ½ TURKEY SANDWICH 6 Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]	BREADED FISH STICK 7 Tartar sauce, Potato Salad Peas, Carrots, Broccoli Dinner Roll Watermelon; Milk [Veg: Stuffed Zucchini]
PERSIAN CHICKEN 10 Green Bean, Basmati Rice, Spinach- Tomato Stew Shirazi Salad, Garlic Yogurt Tropical Fruit & Milk [Veg: Eggplant Stew]	SALISBURY BEEF STEAK 11 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]	SWEET & SOUR MEATBALLS 12 Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]	SALMON PICCATA 13 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata]	BEEF & BEAN CHILI 14 Corn Bread Southern Garden Salad, Ranchero Dressing Cantaloupe, Milk [Veg: Bean Chili]
CHICKEN TENDERS 17 Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Milk [Veg: Veg "Chicken" Tenders]	GREEK CHICKEN SOUVLAKI 18 Greek Salad Rice Pilaf, Tzatziki, Wheat Pita Mandarin Cup, Milk [Veg: Tofu Souvlaki]	SOUP & SANDWICH 19 ½ Tuna Sandwich Chicken & Rice Soup Coleslaw Tropical Fruit, Milk [Veg: Veg Soup & Hummus Sandwich]	BEEF MEATLOAF 20 Garlic Mashed Potatoes Sauté Corn & Green Beans Wheat Roll Apple Sauce & Milk [Veg: Lentil Loaf]	GROUND BEEF TACO 21 Flour Tortilla, Salsa Roja Corn- Spanish Rice Oregano Squash Peaches, Milk [Veg: Soy & Black Bean Taco]
PENNE & MEATBALLS 24 Italian Zucchini, Tomato Sauce Garden Salad, Italian Dressing Pears; Milk [Veg: Penne & Eggplant Meatballs]	TURKEY BURGER 25 Onion, BBQ Mayo, Wheat Bun Thyme Marinated Cauliflower Orange, Milk [Veg: BBQ Veggie Burger]	TERIYAKI CHICKEN 26 Ginger Carrots, Cabbage, Broccoli Steamed Brown Rice Pineapple; Milk Pound Cake [Veg: Teriyaki Tofu]	CHICKEN VERA CRUZ 27 Tomato, Caper, Olive Stew Pinto Beans, Mexican Rice, Flour Tortilla Honeydew; Milk [Veg: Tofu Vera Cruz]	BBQ BEEF SLOPPY JOE 28 Wheat Bun Three Bean & Romaine Salad Waffle Fries Tropical Fruit; Milk [Veg: Soy Protein & Bean Sloppy Joe]
CHICKEN SHAWARMA SANDWICH 31 Hummus, Preserved Lemon Yogurt, Wheat Pita Bread, Minted Carrots, Bulger Wheat Tabouleh Applesauce; Milk [Veg: Falafel Pita Sandwich]			SUGGESTED CONTRIBUTION – 60 YRS OR OLDER: \$4.00 COST – 59 YEARS OR YOUNGER: \$6.25 Rsvp in person at Lakeview Senior Center or Text/Call 949-919-2817 Reservations are required & must be made by 10am 2 business days prior to reservation date. No Special requests or menu substitutions, Menu subject to change without notice, Our Menus, per meal, average 500-700 calories	

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.

Meal contains sodium over 1000mg