



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>SUGGESTED CONTRIBUTION – 60 YRS OR OLDER: \$4.00 COST – 59 YEARS OR YOUNGER: \$6.25 Rsvp in person at Lakeview Senior Center or Call/Text 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</p>				<p>BEEF BOLOGNESE 1 Rigatoni Caesar Salad Tomato, Cucumber Pineapple, Milk [Veg: Soy Bolognese & Rigatoni]</p>		<p>TOMATO SOUP & ½ TURKEY SANDWICH 2 Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]</p>		<p>BREADED FISH STICK 3 Tartar sauce Potato Salad Peas, Carrots, Dinner Roll Watermelon; Milk [Veg: Stuffed Zucchini]</p>	
<p>PERSIAN CHICKEN 6 Green Bean, Basmati Rice, Spinach- Tomato Stew Shirazi Salad, Garlic Yogurt Tropical Fruit & Milk [Veg: Eggplant Stew]</p> 		<p>SALISBURY BEEF STEAK 7 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]</p>		<p>SWEET & SOUR MEATBALLS 8 Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]</p>		<p>SALMON PICCATA 9 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata]</p>		<p>BEEF & BEAN CHILI 10 Corn Bread Southern Garden Salad, Ranchero Dressing Cantaloupe, Milk [Veg: Bean Chili]</p>	
<p>CHICKEN TENDERS 13 Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Milk [Veg: Veg "Chicken" Tenders]</p>		<p>GREEK CHICKEN SOUVLAKI 14 Greek Salad Rice Pilaf, Tzatziki, Wheat Pita Mandarin Cup, Milk [Veg: Tofu Souvlaki]</p>		<p>SOUP & SANDWICH 15 ½ Tuna Sandwich Chicken & Rice Soup Coleslaw Tropical Fruit, Milk [Veg: Veg Soup & Hummus Sandwich]</p>		<p>BEEF MEATLOAF 16 Garlic Mashed Potatoes Sauté Corn & Green Beans Wheat Roll Apple Sauce & Milk [Veg: Lentil Loaf]</p>		<p>17 Closed</p> 	
<p>PENNE & MEATBALLS 20 Italian Zucchini, Tomato Sauce Garden Salad, Italian Dressing Pears; Milk [Veg: Penne & Eggplant Meatballs]</p>		<p>TURKEY BURGER 21 Onion, BBQ Mayo, Wheat Bun Thyme Marinated Cauliflower Orange, Milk [Veg: BBQ Veggie Burger]</p>		<p>TERIYAKI CHICKEN 22 Ginger Carrots, Cabbage, Broccoli Steamed Brown Rice Pineapple; Milk Pound Cake [Veg: Teriyaki Tofu]</p>		<p>CHICKEN VERA CRUZ 23 Tomato, Caper, Olive Stew Pinto Beans, Mexican Rice, Flour Tortilla Honeydew; Milk [Veg: Tofu Vera Cruz]</p>		<p>BBQ BEEF SLOPPY JOE 24 Wheat Bun Three Bean & Romaine Salad Waffle Fries Tropical Fruit; Milk [Veg: Soy & Bean Sloppy Joe]</p>	
<p>CHICKEN SHAWARMA 27 Hummus, Preserved Lemon Yogurt, Wheat Pita Bread, Minted Carrots, Bulger Wheat Tabouleh Applesauce; Milk [Veg: Falafel Pita Sandwich]</p>		<p>HAWAIIAN LOCO MOCO 28 Beef Patty, Scrambled Egg, Mushroom & Onion Gravy Sesame Green Beans, Steamed Brown Rice, Tangerine; Milk [Veg: Tofu Loco Moco]</p>		<p>½ PESTO CHICKEN PIZZA 29 Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]</p>		<p>CHICKEN FAJITA 30 Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Banana; Milk [Veg: Tofu Fajita Taco]</p>			



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.