



Irvine

March 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	
CHICKEN TENDERS 2	Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Milk [Veg: Veg "Chicken" Tenders]	GREEK CHICKEN SOUVLAKI 3	Greek Salad Rice Pilaf, Tzatziki, Wheat Pita Mandarin Cup, Milk [Veg: Tofu Souvlaki]	SOUP & SANDWICH 4	½ Tuna Sandwich Chicken & Rice Soup Coleslaw Tropical Fruit, Milk [Veg: Veg Soup & Hummus Sandwich]	BEEF MEATLOAF 5	Garlic Mashed Potatoes Sauté Corn & Green Beans Wheat Roll Apple Sauce & Milk [Veg: Lentil Loaf]	GROUND BEEF TACO 6	Flour Tortilla, Salsa Roja Corn- Spanish Rice Oregano Squash Peaches, Milk [Veg: Soy & Black Bean Taco]
PENNE & MEATBALLS 9	Italian Zucchini, Tomato Sauce Garden Salad, Italian Dressing Pears; Milk [Veg: Penne & Eggplant Meatballs]	TURKEY BURGER 10	Onion, BBQ Mayo, Wheat Bun Thyme Marinated Cauliflower Orange, Milk [Veg: BBQ Veggie Burger]	TERIYAKI CHICKEN 11	Ginger Carrots, Cabbage, Broccoli Steamed Brown Rice Pineapple; Milk Pound Cake [Veg: Teriyaki Tofu]	CHICKEN VERA CRUZ 12	Tomato, Caper, Olive Stew Pinto Beans, Mexican Rice, Flour Tortilla Honeydew; Milk [Veg: Tofu Vera Cruz]	BBQ BEEF SLOPPY JOE 13	Wheat Bun Three Bean & Romaine Salad Waffle Fries Tropical Fruit; Milk [Veg: Soy Protein & Bean Sloppy Joe]
CHICKEN SHAWARMA SANDWICH 16	Hummus, Preserved Lemon Yogurt, Wheat Pita Bread, Minted Carrots, Bulger Wheat Tabouleh Applesauce; Milk [Veg: Falafel Pita Sandwich]	HAWAIIAN LOCO MOCO 17	Beef Patty, Scrambled Egg, Mushroom & Onion Gravy Sesame Green Beans, Steamed Brown Rice Tangerine; Milk [Veg: Tofu Loco Moco]	½ PESTO CHICKEN PIZZA 18	Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]	CHICKEN FAJITA 19	Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Banana; Milk [Veg: Tofu Fajita Taco]	TURKEY CHILI 20	Cheddar Cheese Texas Corn & Bean Salad Multi-Grain Texas Toast Watermelon, Milk [Veg: Red Bean Chili]
GROUND BEEF STROGANOFF 23	Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Tropical Fruit; Milk [Veg: Baked Eggplant Parm]	CHEESEBURGER 24	Lettuce, Wheat Bun Cucumber- Red Onion Salad Mandarin Cup; Milk [Veg: Black Bean Burger]	MARINATED SHRIMP SALAD 25	Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]	CHICKEN CACCIATORE 26	Bell Pepper, Onion, Mushroom Tomato Sauce Soft Parmesan Polenta Cream of Vegetable Soup Orange Juice; Milk [Veg: Eggplant & Lentil Involtini]	PORK CARNITAS TACO 27	Pinto Beans, Tomato-Corn Rice Cabbage Slaw, Tomato Vinaigrette Flour Tortillas Peach; Milk [Veg: Tofu Taco]
BBQ CHICKEN SANDWICH 30	Lettuce, Relish Coleslaw, Broccoli Applesauce; Milk Oatmeal Raisin Cookie [Veg: BBQ Seitan Sandwich]	THAI CHICKEN CURRY 31	Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Orange Juice; Milk [Veg: Thai Tofu Curry]			SUGGESTED CONTRIBUTION – 60 YRS OR OLDER: \$4.00 COST – 59 YRS 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			

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. 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.