Irvine

Age Well
Orange County's partner in aging

November 2026 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

CHRIS HERNANDEZ RDN

Age Well is a nonprofit organization. Your voluntary contributions are appreciated, and your support provides meals to our community. Voluntary contributions are not required for service. There is no obligation to contribute. All contributions are confidential. No one eligible is turned away for inability to pay.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ CHICKEN SANDWICH 2 Lettuce, Relish Coleslaw, Broccoli Applesauce; Milk [Veg: BBQ Seitan Sandwich]	**SWEET & SOUR MEATBALLS** 3 Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]	**½ PESTO CHICKEN PIZZA** 4 Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Watermelon; Milk [Veg: ½ Veg Pesto Pizza]	**ROAST CHICKEN & PENNE** 5 Italian Zucchini, Tomato Sauce Garden Salad, Italian Dressing Pears; Milk [Veg: Penne & Eggplant Meatballs]	**BREADED FISH STICK** 6 Tartar sauce, Potato Salad Peas, Carrots, Broccoli Dinner Roll Mandarin Oranges; Milk [Veg: Stuffed Zucchini] Ticket Required
SALMON PICCATA 9 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Pineapple & Milk [Veg: Cauliflower & Bean Piccata]	**CHICKEN TENDERS** 10 Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Mik [Veg: Veg "Chicken" Tenders]	CLOSED 	**CHICKEN & BEAN CHILI** 12 Corn Bread Southern Garden Salad, Ranchero Dressing Banana, Milk [Veg: Bean Chili]	**TOMATO SOUP & ½ TURKEY SANDWICH** 13 Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]
CHICKEN BREAST STROGANOFF 16 Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Pears; Milk [Veg: Baked Eggplant Parm]	**TERIYAKI CHICKEN** 17 Ginger Carrots, Cabbage, Broccoli Steamed Brown Rice Tropical Fruit; Milk Pound Cake [Veg: Teriyaki Tofu]	**SOUP & SANDWICH** 18 ½ Tuna Sandwich Chicken & Rice Soup Coleslaw Watermelon, Milk [Veg: Veg Soup & Hummus Sandwich]	**CHICKEN TACO** 19 Flour Tortilla, Salsa Roja Corn- Spanish Rice Oregano Squash Peaches, Milk [Veg: Soy & Black Bean Taco]	**ROAST TURKEY w/ CRANBERRY SAUCE** 20 Garlic Mashed Potatoes & Gravy Corn Bread Stuffing, Green Beans, Pumpkin Pie; Milk [Veg: Vegetarian Salisbury] Ticket Required
SALISBURY BEEF STEAK 23 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]	**½ BBQ CHICKEN PIZZA** 24 Broccoli, Onion, Mozzarella, Marinara Sauce Vegetable Bisque Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]	**THAI CHICKEN CURRY** 25 Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Honeydew; Milk [Veg: Thai Tofu Curry]	CLOSED 	CLOSED 
PORK CARNITAS TACO 30 Pinto Beans, Tomato-Corn Rice Cabbage Slaw, Tomato Vinaigrette Flour Tortillas Orange Juice; Milk [Veg: Tofu Taco]			SUGGESTED CONTRIBUTION – 60YRS OR OLDER: $4.00 COST – 59YRS 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.	

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.