

MONDAY-FRIDAY
Lunch Served 11:45-12:30 p.m.

ROSE GARDEN CAFÉ- LAKEVIEW SENIOR CENTER -ELDERLY NUTRITION PROGRAM

September

2017

Maria Ornelas 949 724-6919

SUGGESTED DONATION: \$4.00

(60 YEARS AND OLDER)

**Registration Required*



COST: \$5.00

(59 YEARS AND YOUNGER)

Unless noted otherwise

**No senior is denied a meal due to inability to donate.*

No reservations required
No special requests or menu
substitutions for personal
dietary restrictions.

Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk offered every meal Food prepared onsite daily condiments and salad dressings are not analyzed and may increase sodium	+Indicates Special Menu that has not been analyzed, sodium content may exceed 1,000 mg  Contains Pork	Menu subject to change without notice		Labor Day Luncheon!!! + BBQ Shredded Beef Sandwich Pickle Spear, Cole Slaw, Waffle Fries Ice Cream Cookie Sandwich *Yellow Pea Crumble Sandwich 1
Center Closed for Labor Day 4	Smoked Pork Rib Tips  Sweet Potato Mash Sautéed Green Beans & Onion Citrus Pudding Parfait *Vegetarian Chili 5	Roasted Cod with Pesto and Breadcrumb topping Wild Rice Pilaf Parslied Carrots Diced Cantaloupe with Mint *Stuffed Eggplant with Pesto and Breadcrumbs 6	Lemon Herb Turkey Fillet Confetti Couscous, Grilled Asparagus, WW Dinner Roll Angel Food Cake w/Berries Orange Juice *Lemon N' Herb Tofu 7	Shepherd's Pie Biscuit with Promise Broccoli Florets Fresh Fruit Cup *Vegetable Shepherd's Pie 8
Orange Glaze Turkey Breast Jasmine Rice Stir Fry Vegetables Mandarin Oranges *Orange Glazed Tofu 11	Meatloaf and Gravy Baked Potato/sour cream Seasoned Spinach, Banana Pudding Orange Pineapple Juice *Lentil Loaf w/ Gravy 12	Herb Crusted Salmon with Tomato Vinaigrette Cheese Polenta, Ratatouille Whole Grain Bread, Sherbet *Stuffed Bell Pepper w/ Tomato Vinaigrette 13	+Birthday Lunch Chicken Paprikash Buttered Egg Noodles Haricot Covert Green Beans WW Roll Cupcake *White Bean Paprikash 14	Vegetarian Lasagna Italian Pea Soup Garlic Breadstick Caesar Salad w/Dressing Pineapple slices atop Blueberries *Same 15
Unstuffed Cabbage Roll Sweet Potato Mash w/Gravy Mixed Vegetables Carrot Cake *Kidney Bean Cabbage Roll 18	Marinated Chicken Thighs Couscous Salad, Grilled Veggies WW Pita Bread, Roasted Tomato Cantaloupe *Chix Strips 19	Ricotta Stuffed Shells Garden Salad/Balsamic Dressing Garlic Bread Roasted Carrots Ambrosia *Same 20	Turkey & Biscuit Broccoli Florets Kale/Apple Salad Lemon Pudding *Vegetables and Dumplings 21	Fish & Chips, Tartar Sauce Coleslaw Tropical Fruit Mix *Breaded Tofu with Tartar Sauce 22
Cranberry Basil Turkey Sandwich Hearty Vegetable Soup Tossed Vegetable Salad Fresh Fruit Cup *Avocado Hummus Sandwich 25	Roasted Tomato, Spinach & Mozzarella Quiche Seasoned Carrots Roasted Herb Potatoes Peach Crisp *Same 26	Cod Piccata with Rice Pilaf Pesto Flavored Squash Sauté Lemon Meringue Pie Orange Pineapple Juice *Tofu Piccata 27	Mediterranean Chicken Salad Mini Bran Muffin Mandarin Oranges/Grapes *Mediterranean Chix 28	+ OKTOBERFEST LUNCHEON See Back for Menu Details 29

What's Happening this Month

Normal Lunch pricing and times unless otherwise noted.

Labor Day Luncheon

Friday, September 1, 2017

Birthday Celebration

Thursday September 14, 2017

Oktoberfest

Friday, September 29, 2017

Two seating's available. Tickets on sale starting September 18. Standard lunch prices apply, unless otherwise noted.

Seating 1: Check-in from 11-11:15 a.m. Lunch served from 11:15 a.m.-noon.

Seating 2: Check-in from 12:30-12:45 p.m. Lunch served from 12:45-1:30 p.m.

Chicken Schnitzel with Jagerschnitzel Sauce
German Style Potatoes
Apples, Brussel Sprouts and Carrot Medley
Rye Bread
German Chocolate Cake
Vegetarian entrée: Stuffed Mushroom

Rose Garden Café Notices

Anyone interested in joining us for lunch, must be checked in by 12:30 p.m. and ready to be served. Beverage service will be available until 12:45 and the dining room will close at 1:00 p.m. Thank you. Dining room is subject to close earlier than 1 p.m. for program reservations.

Nutrition Program Annual Registration

Thank you for participating in the Rose Garden Café senior nutrition program at Lakeview Senior Center.

To ensure you qualify as a program participant, each year we ask that you complete a program registration form. This information is confidentially maintained and is necessary to ensure program funding. Please fill out the form and return to Rose Garden Café registration desk.

If you have any questions or need assistance, please call Maria Ornelas at 949-724-6919.

Volunteers Needed

The benefits of volunteering include developing new skills, making a difference in the community and meeting new people. Senior Services is currently seeking volunteers in the following areas:

- Dining room lunch servers
- Medical appointment drivers (non-emergency)
- Technology Tutors and more!

Please contact Jackie at 949 724-6923

Rose Garden Cafe Funding 2017

- 30% Federal and State Grants
- 30% Volunteer and "In-kind" support
- 23% City of Irvine funding
- 17% Participant contributions and community donations