

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

ROSE GARDEN CAFÉ- LAKEVIEW SENIOR CENTER -ELDERLY NUTRITION PROGRAM

SUGGESTED DONATION:\$4.00  
(60 YEARS AND OLDER)


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

1% Milk offered/ Every Meal  
\*Vegetarian option

# February 2018

Maria Ornelas 949 724-6919

COST: \$5.00  
(59 YEARS AND YOUNGER)  
Unless noted otherwise  
**No senior is denied a meal due to inability to donate.**

Monday	Tuesday	Wednesday	Thursday	Friday
 Denotes Sodium Higher than 1,000 mg per meal, 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		<b>Stuffed Shells</b> Garden Salad w/Dressing Garlic Bread Capri Blend Vegetables Peaches *Same <b>1</b>	<b>Turkey Pot Pie</b> Apple Waldorf Salad Broccoli & Cauliflower Fresh Fruit Cup *Vegetable Pot Pie <b>2</b>
<b>Mushroom Quiche</b> Baked Tomato Half Lyonnais Potatoes Whole Wheat Dinner Roll Carrot Cake Cranberry Juice *Same <b>5</b>	<b>Honey Lemon Chicken</b> Orzo with Spinach, Tomato & Onion Herbed Broccoli Diced Pears *Honey Lemon Chix Breast <b>6</b>	<b>Cajun Meatloaf with Creole Sauce</b> Garlic Mashed Potatoes Peas and Carrots Fresh Fruit Cup *Cajun Lentil Loaf <b>7</b>	<b>Birthday Lunch!!!</b> <b>+Herbed Rolled Pollock</b> Lemon Brown Rice Garlic Green Beans Fire Roasted Tomato Soup Cupcakes *Herbed Rolled Tofu <b>8</b>	<b>Mediterranean Turkey Burger</b> Mediterranean Couscous Salad Roasted Carrots Peach Clafoutis *Mediterranean Falafel Burger <b>9</b>
<b>Pan Seared Turkey</b> Glazed Sweet Potatoes Green Beans with Mushrooms Fruited Gelatin *Baked Stuffed Tomato <b>12</b>	<b>Hamburger Yakisoba</b> Stir Fry Vegetables Asian Spinach Salad Mandarin Oranges *Soy Crumble Yakisoba <b>13</b>	<b>Valentine's Day Luncheon</b>  <b>+Beef Braised Ravioli with Chianti Sauce</b> *See Full Menu On Reverse <b>14</b>	<b>Chicken Chili</b> Corn Bread Muffin Steamed Carrots Yogurt Parfait *White Bean Veggie Chili <b>15</b>	<b>Open Faced Tuna Melt</b> Navy Bean Soup Broccoli Slaw Cantaloupe w/Mint *Open Face Grilled Veggie Melt <b>16</b>
<b>Center Closed for Presidents' Day</b>   <b>19</b>	<b>Chicken Curry</b> Steamed Jasmine Rice Currie Potatoes and Carrots Herbed Green Beans Melon and Grapes Medley *Chickpea Curry <b>20</b>	<b>Mongolian Beef w/Ramen Noodles</b> Indonesian Vegetable Sauté Mandarin Orange Salad Coconut Custard *Mongolian Tofu w/Ramen <b>21</b>	<b>Soy Ginger Cod</b> Ginger Rice Asian Zucchini and Squash Pineapple Chunks *Soy Ginger Tofu <b>22</b>	<b>Vegetable Chili Loaded Baked Potato</b> Split Pea Soup Chocolate Cake *Same <b>23</b>
<b>Macaroni &amp; Cheese</b> Roasted Tomato Carrots Whole Wheat Dinner Roll Cantaloupe with Mint *Same <b>26</b>	<b>Turkey Picatta</b> Lemon Thyme Brown Rice Spinach & Cranberry Salad Herbed Green Beans Apple Betty *Eggplant Parmigiano <b>27</b>	<b>Rotini &amp; Beef Meatballs</b> Whole Grain Garlic Bread Italian Roasted Vegetables Tropical Fruit Mix *Rotini & Zucchini <b>28</b>		

## What's Happening this Month

Normal Lunch pricing and times unless otherwise noted.

### Birthday Celebration

Thursday, February 8, 2018

### Events

#### Valentine's Day Luncheon

Wednesday February 14, 2018

Come enjoy a special meal with your sweetie or friends!!!

Special Luncheon Menu

Apple Almond Crunch Salad

Beef Braised Ravioli with Chianti Sauce

Broccoli and Yellow Squash

Garlic Bread

Vegetarian: Spinach & Cheese Ravioli with Chianti Sauce

Valentine Cookie with Mini Chocolate Mousse

#### Café Closed – Monday, February 19<sup>th</sup>, 2018

The Elderly Nutrition Lunch Program will be closed this date due to Presidents' Day.

## Rose Garden Café Notices

Thank you for your participation in the Rose Garden Café senior lunch program. The Rose Garden Café **doors open at 11:00 a.m.** for registration. **Lunch service begins at 11:45 a.m., continues until 12:30 p.m.** Those interested in joining us for lunch, must check in by 12:30 p.m. and be ready to be served. Beverage service will be available until 12:45 p.m. and the dining room closes at 1:00 p.m. Thank you.

### 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
- Kitchen assistants
- Meals on Wheels Drivers
- Technology Tutors and more!

Please contact Jackie Vargas at 949 724-6096

### 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 complete the registration 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.