

November 2017

Maria Ornelas 949 724-6919

MONDAY-FRIDAY

Lunch Served 11:45-12:3 p.m.

No reservations required

No special requests or menu substitutions for personal dietary restrictions.

1% Milk offered/ Every Meal

*Vegetarian option

SUGGESTED

DONATION:\$4.00

(60 YEARS AND OLDER)

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 |
|--|--|---|--|--|
| <p> Denotes Sodium Higher than 1,000 mg per meal, condiments and salad dressings are not analyzed and may increase sodium</p> | <p>+Indicates Special Menu that has not been analyzed, sodium content may exceed 1,000 mg</p> <p> Contains Pork</p> | <p>Beef Bourguignon Paris Vegetable Salad WW Dinner Roll w/Promise Chocolate Pots de Crème Orange Juice *Mushroom Bourguignon 1</p> | <p>Vegetable Lasagna Italian Lentil Soup Kale and Lime Caesar Salad Whole Grain Garlic Bread Fresh Fruit Cup *Same 2</p> | <p>Lemon Persian Chicken Israeli Couscous Garlic Honey Roasted Carrots WW Pita Bread Cake Yazdi Orange Juice *Babe Ganoush 3</p> |
| <p>Savory Baked Chicken Roasted Rosemary Red Potatoes Peas and Carrots Garden Salad w/Vinaigrette Oatmeal Raisin Cookie *Savory Baked Chix Tender 6</p> | <p>Poached Salmon with Dijon Dill Sauce Lemon Brown Rice Antigua Vegetable Blend Fresh Orange Slices *Stuffed Portobello w/Dill Sauce 7</p> | <p>Beef and Bean Tostada Sour Cream and Salsa Roasted Cumin Carrots Cinnamon Custard Orange Pineapple Juice *Two Bean Tostada 8</p> | <p>+Veterans Day Luncheon Eye of Round Beef w/au jus Lobster Macaroni & Cheese Grilled Asparagus Cheesecake *Stuffed Acorn Squash 9</p> | <p>Closed</p> <p></p> <p>10</p> |
| <p>Mushroom Quiche Baked Tomato Half Lyonnais Potatoes WW Dinner Roll Carrot Cake Cranberry Juice *Same 13</p> | <p>Honey Lemon Chicken Orzo with Spinach, Tomato & Onion Herbed Broccoli Diced Pears *Honey Lemon Chix Breast 14</p> | <p>Cajun Meatloaf with Creole Sauce Garlic Mashed Potatoes Peas and Carrots Fresh Fruit Cup *Cajun Lentil Loaf with Creole Sauce 15</p> | <p>Herbed Rolled Pollack Lemon Brown Rice Garlic Green Beans Fire Roasted Tomato Soup Banana *Herbed Rolled Tofu 16</p> | <p>+ Thanksgiving Luncheon!!!! See Reverse for Ticket sales, Menu 17</p> |
| <p>White Bean Chicken Chili Corn Bread Muffin Steamed Carrots Yogurt Parfait *White Bean Vegetable Chili 20</p> | <p>Hamburger Yakisoba Stir Fry Vegetables Asian Spinach Salad/Dressing Mandarin Oranges *Soy Crumble Yakisoba 21</p> | <p>Open Faced Tuna Melt Navy Bean Soup Broccoli Slaw Cantaloupe w/Mint *Open Face Grilled Vegetable Melt 22</p> | <p></p> | |
| <p>Turkey Ziti  Italian Beans with Red Pepper Caesar Salad with Dressing Fresh Fruit Cup *Vegetable Ziti 27</p> | <p>Chicken Curry Steamed Jasmine Rice Currie Potatoes and Carrots Herbed Green Beans Melon and Grapes Medley *Chickpea Curry 28</p> | <p>Vegetable Chili Loaded Baked Potato Split Pea Soup Chocolate Cake *Same 29</p> | <p>Soy Ginger Cod Ginger Rice Asian Zucchini and Squash Medley Pineapple Chunks *Soy Ginger Tofu 30</p> | <p>Cafe Closed November 10, 23, 24</p> |

What's Happening this Month

Normal Lunch pricing and times unless otherwise noted.

Veterans Day Luncheon

Thursday, November 9, 2017

Thanksgiving Luncheon

Friday, November 17th

Please note that this is our most attended luncheon.

Pre-registration is highly encouraged.

Presale begins Monday, October 30th, 2017.

\$5-suggested donation seniors age 60+

\$7- fee age 59 and under

Tickets available at the Lakeview Senior Center front desk!

Seating 1: Check-in: 11–11:15 a.m.

Lunch served: 11:15 a.m.–noon

Dining room closed noon–12:30 p.m.

Seating 2: Check-in: 12:30–12:45 p.m.

Lunch served: 12:45–1:30 p.m.

Menu:

Roasted Turkey with Gravy

Cornbread Stuffing

Mashed Potatoes

Butternut Squash and Sweet Potato Soup

Cranberry Sauce

Orange Glazed Carrots

Vegetarian: Stuffed Portabella Mushroom

Pumpkin Pie

Closure Notices:

Friday, November 10

Thursday and Friday November 23 & 24

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
- Medical appointment drivers (non-emergency)
- 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 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.