



MONDAY-FRIDAY
Lunch Served 11:45-12:30 p.m.
No reservations required
No special requests or menu substitutions for personal dietary restrictions.
1% Milk offered/ Every Meal
*Vegetarian option

ROSE GARDEN CAFÉ- LAKEVIEW SENIOR CENTER -ELDERLY NUTRITION PROGRAM

June 2018

Maria Ornelas 949 724-6919

SUGGESTED DONATION:\$4.00
(60 YEARS & OLDER) COST: \$5.00
(59 YEARS AND YOUNGER)
Unless noted otherwise
No senior is denied a meal due to inability to donate.
Menu subject to change without notice

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			Vegetarian Lasagna Italian Split Pea Soup Garlic Bread Stick Romaine Salad/FF Raspberry Dressing Fresh Fruit Cup *Same 1
Orange Glazed Turkey Breast Jasmine Rice Stir Fry Vegetables Mandarin Oranges Whole Wheat Dinner Roll *Orange Glazed Tofu 4	Meatloaf with Gravy Baked Potato w/Sour Cream Seasoned Spinach Apple Betty Orange Pineapple Juice *Lentil Loaf 5	Herbed Pollack Wild Rice Pilaf Grilled Zucchini SF Cookie/WW Dinner Roll Orange Juice *Herb Rolled Tofu 6	Grilled Flatbread Pizza Lentil Soup Kale Apple Salad Diced Cantaloupe *Same 7	Chicken and Broccoli Stir Fry Fried Rice Oriental Vegetable Blend Honeydew and Berries *Vegetarian Tofu-Broccoli Stir Fry 8
Open Face Cheeseburger Lettuce and Tomato Baked Sweet Potato ½ Whole Wheat Bun Creamy Coleslaw Fruit Crisp *Garden Burger  11	Marinated Chicken Thighs Israeli Couscous Salad with Grilled Vegetables Roasted Tomato Cantaloupe Cup *Chix Strips 12	Manicotti w/Marinara Sauce Green Salad/Balsamic Dressing Summer Squash Medley Garlic Breadstick Fresh Banana *Same 13	+Birthday Lunch!!! Turkey Ala King over Mashed Potatoes Broccoli Florets Cupcakes *Chix Ala King 14	+ Father's Day Luncheon BBQ Citrus Chicken Thigh Macaroni and Cheese Lip Smackin' Green Beans Vanilla Ice Cream *Wild Rice Stuffed Bell Pepper 15
Beef Stroganoff Buttered Noodles Mixed Vegetables Diced Pears *Kidney Bean Stroganoff 18	Roasted Tomato, Spinach & Mozzarella Quiche Seasoned Carrots Roasted Herb Potatoes S'mores Pudding Cup *Same 19	Tuna Salad Sandwich on Whole Grain Bread Cucumber and Tomato Salad Cranberry Spinach Salad Fruited Gelatin *Chickpea Artichoke Sand 20	Roasted Turkey Breast Au Gratin Potatoes Broccoli and Cauliflower Fresh Orange Sections *Stuffed Portobello 21	Penne Pasta/Meat Sauce Tuscan Vegetable Blend Garlic Breadstick Custard Pudding with Berries *Penne Pasta and Zucchini Tofu Balls 22
Chicken Marsala Buttered Parsley Noodles Green Beans, Cherry Tomatoes Whole Wheat Dinner Roll Fresh Orange Slices *Veg. Chix Marsala 25	Smoked Pork Rib Tips Sweet Potato Mash Sautéed Broccoli Fruited Gelatin *Lemon and Herb Tofu  26	Turkey Pumpkin Chili Corn Muffin Garden Salad w/Vinaigrette Sherbet *Vegetarian Two Bean Chili 27	Roasted Cod w/Pesto Sauce, Cheese Polenta Baked Tomato Half Lemon Pound Cake Pineapple Juice *Stuffed Eggplant w/Pesto 28	+Independence Day Lunch All Beef Chili Dogs & Fixin's Potato Vegetable Salad Watermelon Wedge Chocolate Ice Cream *Veggie Chili Dog 29

What's Happening this Month

Normal Lunch pricing and times unless otherwise noted.

Birthday Celebration

Thursday June 14th, 2018

Events:

Father's Day Luau – Friday, June 15th

Celebrate all fathers by attending this special luau-themed luncheon. Tickets on sale starting Monday, June 4th at the front desk of Lakeview Senior Center.

Seating # 1 from 11:15am – 12:00pm

Seating # 2 from 12:45pm – 1:30 pm

Cost: \$5.00 suggested donation for adults age 60+
\$7.00 adults aged 59 and younger



4th of July BBQ Friday, June 29th

Celebrate our nation's birthday at the annual Independence Day Luncheon. Tickets on sale starting Monday, June 18th at the front desk of Lakeview Senior Center

Seating # 1 from 11:15am – 12:00pm

Seating # 2 from 12:45pm – 1:30pm

Standard lunch prices apply.

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)
- CAR FIT volunteers
- Technology Tutors and more!

Please contact Connie Larr 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.