

Rose Garden Cafe | Lakeview Senior Center | Elderly Nutrition Program

Monday–Friday
11:30 a.m.–12:30 p.m.

No special requests or menu substitutions.

Menu subject to change without notice.

July 2022





Unless Otherwise Noted:

- \$4 suggested contribution for adults 60 & older

- \$6.25 fee for adults 59 and younger

No adult ages 60 or older will be turned away due

Maria Ornelas 949-724-6919

Monday	Tuesday	Wednesday	Thursday	Friday
Indicates sodium higher than 1,000 mg per day. 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. * Indicates vegetarian option			**Fourth of July Luncheon** ++ Beef Chili Dog, Cheese, Onion, Mustard Potato Salad, Chuckwagon Corn Strawberry Shortcake 1% Milk *Veggie Chili Dog 1
CENTER CLOSED  <i>Happy 4th of July</i>	Beef Bolognese Garlic Butter Pasta Seasoned Broccoli Garlic Breadstick, Fruit Cup 1% Milk 4 *Soy Crumble Bolognese 5	Fish Vera Cruz Mexican Rice Green Peas Coconut Pudding 1% Milk 6 *Tofu Steak Vera Cruz 7	Turkey Chef's Salad (Lettuce, egg, tomato, cheese, lentil, broccoli carrots) Herb Vinaigrette WW Dinner Roll, Lemon Cake 1% Milk 6 *Tofu Chef's Salad 7	Paniolo (Pulled) BBQ Chicken Sandwich with Hawaiian Bun  Baked Beans, Corn Cantaloupe Cup 1% Milk *BBQ Chix Sandwich 8
Beef Cheeseburger, Bun Lettuce, Tomato Potato Salad, Apple & Kale Salad Ice Cream 1% Milk *Vegetarian Cheeseburger 11	Persian Chicken Drumsticks Jasmine Rice Seasoned Broccoli Fruit Cup 1% Milk *Persian Chix Breast 12	Mushroom Broccoli Pepper Quiche Greek Pasta Salad Peas & Carrots SF Apple Trifle 1% Milk *Same 13	Turkey Chili with Cheese Green Chile Cornbread Green Beans Fruited Gelatin 1% Milk *Vegetarian Chili w/Cheese 14	Thai Fish Curry Jasmine Rice Stir Fry Vegetables Fresh Pineapple 1% Milk *Thai Tofu Curry 15
Turkey Sloppy Joe, Bun  Tater Tots Herb Carrots Watermelon Cup 1% Milk *Lentil Sloppy Joe, Bun 18	Fish Stew Garlic Butter Pasta Seasoned Spinach, Garlic Bread Fresh Orange 1% Milk *Summer Tofu Veg Stew 19	Japanese Beef Curry Spinach Salad, Herb Vinaigrette Bok Choy, Jasmine Rice SF Apple Oatmeal Cookie 1% Milk *Japanese Soy Crumble Curry 20	Mushroom Tuna Casserole Green Beans and Tomato WW Dinner Roll Fruit Cup 1% Milk *Mushroom Tofu Casserole 21	Chicken Schawarma, Pita Bread Yogurt Sauce, Raisin Couscous Moroccan Carrots Fruited Gelatin 1% Milk *Chix Breast Schawarma 22
Baked Penne, Ricotta and Basil Vegetable Medley WW Dinner Roll Cantaloupe Cup 1% Milk *Same 25	Beef Stew with Carrots and Peas Roasted Potatoes Green Beans Fresh Orange 1% Milk *Soy Crumble Stew 26	Fish Cilantro Tomatillo Verde Mexican Rice Broccoli Churro 1% Milk *Tofu Cilantro Tomatillo Verde 27	Chicken Cacciatore Garlic Butter Pasta Seasoned Spinach, Garlic Bread Yogurt Parfait 1% Milk *Tofu Cacciatore 28	Roast Turkey & Sage Gravy Cinnamon Sweet Potatoes Mixed Vegetables, WW Dinner Roll Fruit Cup 1% Milk *Chix Tenders & Sage Gravy 29

Reservations must be made by 10 a.m. the prior business day
in-person at the Lakeview Senior Center or by calling 949-724-6900.