





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHICKEN POT PIE</b> Ranch Salad Orange Oatmeal Raisin Cookie Milk [Veg: Vegetarian Pot Pie] <div>1</div>	<b>TURKEY &amp; EGG CHEF SALAD</b> Wheat Roll Seasonal Fruit Milk [Veg: Tofu & Egg Chef's Salad] <div>2</div>	<b>MEDITERRANIAN COD</b> Garden Salad Rice Chocolate Chip Cookie Orange & Milk [Veg: Stuffed Eggplant] <div>3</div>	<b>BBQ CHICKEN SLIDER</b>  Cream of Broccoli Soup Orange Juice Wheat Bun Brownie & Milk [Veg: Black Bean Patty] <div>4</div>	<b>MEATBALL STROGANOFF</b> Sauté Carrots & Peas Pasta Seasonal Fruit Milk [Veg: Zucchini Stroganoff] <div>5</div>
<b>MIDDLE EASTERN MINCED BEEF</b> Mediterranean Salad Pita Bread Seasonal Fruit & Milk [Veg: Baba Ganoush] <div>8</div>	<b>SESAME CHICKEN</b> Broccoli & Carrots Rice Orange Juice & Milk Oatmeal Raisin Cookie [Veg: Lemongrass Tofu] <div>9</div>	<b>TUNA SALAD SANDWICH</b> Roasted Carrot Soup Orange Apple Sauce Milk [Veg: Chickpea Artichoke] <div>10</div>	<b>PORK CARNITAS</b> Roasted Vegetable Salad Orange Tortillas (2) Pound Cake & Milk [Veg: Lentil Dal] <div>11</div>	<b>TERRIYAKI CHICKEN</b> Asian Salad Rice Seasonal Fruit Milk [Veg: Teriyaki Tofu] <div>12</div>
<b>TURKEY CHILI</b> Rainbow Salad Corn Bread Seasonal Fruit Milk [Veg: White Bean Chili] <div>15</div>	<b>CHIPOTLE CHICKEN SANDWICH</b>  Split Pea Soup Pound Cake Orange Juice & Milk [Veg: Sweet Potato Chickpea] <div>16</div>	<b>MEXICAN BEEF LASAGNA</b> Mexican Coleslaw Orange Juice Apple Sauce Milk [Veg: Mex Blk Bean Lasagna] <div>17</div>	<b>LEMON CAPER CHICKEN</b> Garden Salad Rice Chocolate Chip Cookie Orange & Milk [Veg: Spinach Wellington] <div>18</div>	<div>CLOSED</div> <div></div> <div>19</div>
<b>MEATBALLS W/ MARINARA</b>  Garden Salad Spaghetti Seasonal Fruit & Milk [Veg: Soy Crumble Marinara] <div>22</div>	<b>TURKEY MEATBALLS RED CURRY</b> Zucchini & Squash Rice Seasonal Fruit & Milk [Veg: Tandoori Chickpea] <div>23</div>	<b>TUNA &amp; EGG</b> Chef Salad Orange Juice Wheat Roll Brownie & Milk [Veg: Herb Tofu] <div>24</div>	<b>MANGO CHUTNEY CHICKEN SANDWICH</b> Tomato Basil Soup Apple Orange & Milk [Veg: Falafel Sandwich] <div>25</div>	<b>ROSEMARY CHICKEN</b> Rainbow Salad Cous Cous Orange Cake & Milk [Veg: Cilantro Lime Tofu] <div>26</div>
<b>PULLED PORK SLIDER</b> Coleslaw Orange Chocolate Chip Cookie Milk [Veg: Black Bean Patty] <div>29</div>	<b>SALMON W/ PANANG CURRY SAUCE</b> Sauté Carrots & Peas Rice Seasonal Fruit & Milk [Veg: Panang Curry Tofu] <div>30</div>		<b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00</b> <b>COST - 59 YEARS OR YOUNGER: \$6.25</b> Reservations are required & must be made by 10am 2 business days in prior to reservation date. RSVP in person at Lakeview Senior Center or call 949-724-6916. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories	



Meal contains sodium over 1000mg

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture.  
Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.