




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00</b>  <b>COST - 59 YEARS OR YOUNGER: \$6.25</b></p> <p>Reservations are required &amp; 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</p>				
<p><b>PULLED PORK SLIDER</b>                      Coleslaw                      Orange                      Chocolate Chip Cookie                      Milk                      [Veg: Black Bean Patty] <b>5</b></p>	<p><b>BEEF w/BLK BEAN TACOS</b>                      Mexican Coleslaw                      Tortilla (2)                      Seasonal Fruit &amp; Milk                      [Veg: Soy Crumble Blk Bean] <b>6</b></p>	<p><b>CHICKEN TARRAGON SANDWICH</b>                      Roasted Carrot Soup                      Apple Sauce                      Orange Juice &amp; Milk                      [Veg: Spinach Potato Patty] <b>7</b></p>	<p><b>MANGO CHUTNEY CHICKEN SANDWICH</b>                      Tomato Basil Soup                      Apple Sauce                      Orange &amp; Milk                      [Veg: Herb Tofu] <b>1</b></p>	<p><b>CILANTRO LIME CHICKEN</b>                      Asian Slaw                      Rice                      Oatmeal Raisin Cookie                      Orange &amp; Milk                      [Veg: Cilantro Lime Tofu] <b>2</b></p>
<p><b>VIETNAMESE MINCED PORK</b>                      Asian Slaw                      Rice                      Seasonal Fruit &amp; Milk                      [Veg: Coconut Tofu Curry] <b>12</b></p>	<p><b>RED PEPPER CHICKEN SANDWICH</b>                      Cream of Broccoli Soup                      Orange                      Pound Cake &amp; Milk                      [Veg: Falafel Sandwich] <b>13</b></p>	<p><b>CREAMY CILANTRO LIME SALMON</b>                      Sauté Red Cabbage &amp; Rice                      Orange                      Valentine's Day Pudding                      [Veg: Creamy Cilantro Tofu] <b>14</b></p>	<p><b>ROASTED CHICKEN SHAWARMA</b>                      Mediterranean Salad                      Pita Bread                      Oatmeal Cookie, Orange &amp; Milk                      [Veg: Tofu Shawarma] <b>8</b></p>	<p><b>COCONUT SHRIMP w/ MANGO SAUCE</b>                      Sauté Sesame Broccoli Medley                      Rice                      Seasonal Fruit &amp; Milk                      [Veg: Mango Sauce Black Bean] <b>9</b></p>
<p><b>CLOSED FOR OBSERVANCE OF PRESIDENTS DAY</b></p> 	<p><b>CHICKEN MARSALA</b>                      Rainbow Salad                      Orange                      Rice                      Apple &amp; Milk                      [Veg: Lentil Loaf Caper Sauce] <b>20</b></p>	<p><b>MEDITERRANIAN COD</b>                      Garden Salad                      Orange                      Rice                      Chocolate Chip Cookie &amp; Milk                      [Veg: Stuffed Eggplant] <b>21</b></p>	<p><b>DEVIL EGG SANDWICH</b>                      Split Pea Soup                      Chocolate Chip Cookie                      Orange Juice                      Milk                      [Veg: Chickpea Patty] <b>15</b></p>	<p><b>CHICKEN CACCIATORE</b>                      Garden Salad                      Wheat Roll                      Pineapple Parfait                      Milk                      [Veg: Eggplant Parmesan] <b>16</b></p>
<p><b>MIDDLE EASTERN MINCED BEEF</b>                      Mediterranean Salad                      Pita Bread                      Seasonal Fruit &amp; Milk                      [Veg: Baba Ganoush] <b>26</b></p>	<p><b>SESAME CHICKEN</b>                      Broccoli &amp; Carrots                      Rice                      Oatmeal Raisin Cookie                      Orange Juice &amp; Milk                      [Veg: Lemongrass Tofu] <b>27</b></p>	<p><b>TUNA SALAD SANDWICH</b>                      Roasted Carrot Soup                      Orange                      Apple Sauce &amp; Milk                      [Veg: Chickpea Artichoke] <b>28</b></p>	<p><b>BBQ CHICKEN SLIDER</b>                       Cream of Broccoli Soup                      Orange Juice                      Brownie                      Milk                      [Veg: Black Bean Patty] <b>22</b></p>	<p><b>MEATBALL STROGANOFF</b>                      Carrots &amp; Peas                      Penne Pasta                      Seasonal Fruit &amp; Milk                      [Veg: Zucchini Stroganoff] <b>23</b></p>
<p><b>MIDDLE EASTERN MINCED BEEF</b>                      Mediterranean Salad                      Pita Bread                      Seasonal Fruit &amp; Milk                      [Veg: Baba Ganoush] <b>26</b></p>	<p><b>SESAME CHICKEN</b>                      Broccoli &amp; Carrots                      Rice                      Oatmeal Raisin Cookie                      Orange Juice &amp; Milk                      [Veg: Lemongrass Tofu] <b>27</b></p>	<p><b>TUNA SALAD SANDWICH</b>                      Roasted Carrot Soup                      Orange                      Apple Sauce &amp; Milk                      [Veg: Chickpea Artichoke] <b>28</b></p>	<p><b>PORK CARNITAS</b>                      Roasted Vegetable Salad                      Orange                      Tortillas (2)                      Pound Cake &amp; Milk                      [Veg: Lentil Dahl] <b>29</b></p>	

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.

 Meal contains sodium over 1000mg