


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUND BEEF PITA SANDWICH Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ganoush] 3	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich] 4	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf] 5	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie & Milk [Veg: Persian Eggplant] 6	CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk [Veg: Herb Breaded Tofu] 7
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna] 10	GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger] 11	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty] 12	COCONUT SHRIMP w/ Mango Sauce Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo] 13	SALISBURY BEEF STEAK Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange; Milk [Veg: Vegetarian Salisbury] 14
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili] 17	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk [Veg: Tofu Waldorf Croissant] 18	ITALIAN BEEF MEATBALL SUB SANDWICH  Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub] 19	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk [Veg: Chickpea Primavera] 20	LEMON CAPER CHICKEN Zucchini Squash Medley Macaroni Dill Salad Mandarin Cup Pound Cake; Milk [Veg: Spinach Wellington] 21
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu] 24	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie; Milk [Veg: Lentil Bourguignon] 25	CHICKEN CACCIATORE Zucchini, Black Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple; Milk [Veg: Eggplant Parmesan] 26	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk [Veg: Vegetarian Pot Pie] 27	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex-Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe, Milk [Veg: Roasted Tofu Tacos] 28
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit; Milk [Veg: Soy Black Bean Tacos] 31			SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25 Reservations are required & must be made by 10am 2 business days 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.