

October Menu

Age Well Nutrition Program
 Rose Garden Cafe
 Lakeview Senior Center, Irvine
 Monday-Friday 11:30 AM-12:30 PM

Age Well
 Orange County's partner in aging



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Cacciatore Garlic Butter Pasta Garlic Breadstick, Spinach Yogurt Parfait 1% Milk *Tofu Cacciatore 3	Beef Stew Roasted Potatoes Green Beans Fresh Orange 1% Milk *Soy Crumble Stew 4	Roast Turkey & Sage Gravy Cinnamon Sweet Potatoes Mixed Vegetables Dinner Roll, Fruit Cup 1% Milk *Chix Tender & Sage Gravy 5	Tilapia Cilantro Tomatillo Verde Mexican Rice Seasoned Broccoli Churro 1% Milk *Same 6	Baked Penne, Basil, Ricotta Vegetable Medley Wheat Dinner Roll Cantaloupe Cup 1% Milk *Same 7
Cheese Tortellini Italian Bean Salad Garlic Breadstick, Capri Vegetables Fruit Cup 1% Milk *Same 10	Greek Turkey Burger, Lettuce Tzatziki Sauce Greek Tomato Salad Greek Potato Salad, Pudding 1% Milk *Curry Spinach Patty 11	Cuban Mojo Chicken Black Beans and Rice Roasted Cumin Carrots Lime Fruit Gelatin 1% Milk *Cuban Mojo Tofu 12	Hamburger Steak & Onion Gravy Mashed Potatoes Green Beans, Dinner Roll Watermelon Cup 1% Milk *Lentil Patty 13	Tuna Salad Sandwich Lettuce, Tomato, Multigrain Bread Macaroni Salad, Seasoned Broccoli Apple Waldorf 1% Milk *Chickpea Artichoke Sandwich 14
Beef Bolognese Garlic Butter Pasta Seasoned Broccoli Garlic Breadstick, Fruit Cup 1% Milk *Soy Crumble Bolognese 17	Paniolo (Pulled) BBQ Chicken Sandwich with Hawaiian Bun Baked Beans, Corn Cantaloupe Cup 1% Milk *BBQ Chix Sandwich 18	Tilapia Vera Cruz Mexican Rice Green Peas Coconut Pudding 1% Milk *Tofu Steak Vera Cruz 19	Chicken Tacos, Corn Tortilla, Salsa Borracha Beans Squash Medley Fresh Fruit Cup 1% Milk *Chix Tacos, Corn Tortilla 20	Turkey Chef's Salad (Lettuce, egg, tomato, cheese, lentil, broccoli carrots) Herb Vinaigrette WW Dinner Roll, Lemon Cake 1% Milk *Tofu Chef's Salad 21
Thai Tilapia Curry Jasmine Rice Stir Fry Vegetables Fresh Pineapple 1% Milk *Thai Tofu Curry 24	Turkey Chili with Cheese Green Chile Combread Green Beans Fruited Gelatin 1% Milk *Vegetarian Chili & Cheese 25	Mushroom Broccoli Pepper Quiche Greek Pasta Salad Peas & Carrots SF Apple Trifle 1% Milk *Same 26	Persian Chicken Drumsticks Jasmine Rice Seasoned Broccoli Fruit Cup 1% Milk *Persian Chix Breast 27	Spooky Penne & Meatballs + Creepy Crawly Garden Salad Vampire Garlic Breadstick Frankenstein Ice Cream Sandwich 1% Milk *Spooky Mushroom Balls 28
Turkey Sloppy Joe, Bun Tater Tots Herb Carrots Watermelon Cup 1% Milk *Lentil Sloppy Joe 31			SUGGESATED CONTRIBUTION 60 YEARS OR OLDER \$4.00 COST - 59 YEARS OR YOUNGER \$6.25 Reservations are required and must be made by 10 a.m. the prior business day. You can RSVP in person at Lakeview Senior Center or by calling 949-724-6900	No special requests or menu substitutions. Menu subject to change without notice. Per meal average 500-700 calories. Sodium content may exceed 1000 mg per day