

# Lunch Menu

Age Well Nutrition Program • December 2022 Menu

Daily Lunch Program

SERVICE DATES EX: Monday – Friday • 11:30 AM – 12:30 PM

# Age Well®

Orange County's partner in aging

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>SUGGESTED CONTRIBUTION- 60 YRS OR OLDER: \$4.00</b>  <b>COST - 59 YEARS OR YOUNGER: \$5.50</b></p> <p>Reservations are required &amp; must be made by 10 AM the prior business day.          You can RSVP in person at Lakeview Senior Center or by calling 949-724-6900.</p> <p>No special requests or menu substitutions. Menu subject to change without notice.          Our menus, per meal, average 500 - 700 calories</p>		<p><b>PASTA PRIMAVERA</b></p> <p>Pasta Primavera w/Alfredo Sauce          Lentil Soup          Tropical Fruit Dessert          Milk</p> <p style="text-align: right;"><b>1</b></p>		<p><b>BBQ CHICKEN</b></p> <p>BBQ Chicken          Potato Salad          Brownie          Orange &amp; Hawaiian Roll          Milk          [Vegetarian: Soy Crumble]</p> <p style="text-align: right;"><b>2</b></p>					
<p><b>PULLED PORK SLIDERS</b></p> <p>Pulled Pork Sliders          Coleslaw          Orange          Cookie          Milk          [Vegetarian: Chick'n Patty]</p> <p style="text-align: right;"><b>5</b></p>		<p><b>CHICKEN TARRAGON</b></p> <p>Chicken Tarragon w/ Wheat Bread          Split Pea Soup          Orange Juice          Brownie          Milk          [Vegetarian: Chickpea Artichoke]</p> <p style="text-align: right;"><b>6</b></p>		<p><b>CHILI BEEF</b></p> <p>Chili Beef          Roasted Potatoes          Hawaiian Roll          Tropical Fruit          Milk          [Vegetarian: Tofu]</p> <p style="text-align: right;"><b>7</b></p>		<p><b>CHICKEN CURRY</b></p> <p>Chicken Curry          Rice          Cabbage Medley          Jell-O w/Mandarin          Milk          [Vegetarian: Lentil]</p> <p style="text-align: right;"><b>8</b></p>		<p><b>Cookies &amp; Carols</b></p> <p>Salmon Tuscan Pasta          Herb Roasted Carrots          Oranges          Cookie          Milk          [Vegetarian: Tofu]</p> <p style="text-align: right;"><b>9</b></p>	
<p><b>SPAGHETI &amp; MEATBALLS</b></p> <p>Spaghetti &amp; Meatballs          Broccoli Medley          Jell-O w/Mandarin          Milk          [Vegetarian: Soy Crumble]</p> <p style="text-align: right;"><b>12</b></p>		<p><b>CAESER CHICKEN SANDWICH</b></p> <p>Caesar Chicken Wheat Sandwich          Tomato Basil Soup          Orange Juice          Cake          Milk</p> <p style="text-align: right;"><b>13</b></p>		<p><b>PORK CARNITAS</b></p> <p>Corn Tortillas (2)          Spinach Salad (red bell pepper, carrots)          Orange          Pudding          Milk          [Vegetarian: Mexican Tofu]</p> <p style="text-align: right;"><b>14</b></p>		<p><b>Lentil Dal</b></p> <p>Lentil Dal          Zucchini &amp; Squash          Rice          Orange          Cookie &amp; Milk          [Vegetarian]</p> <p style="text-align: right;"><b>15</b></p>		<p><b>HANUKKAH</b></p> <p>Lemon Caper Chicken          Mashed Potatoes &amp; sautéed broccoli          Hawaiian Roll          Orange Parfait          Milk</p> <p style="text-align: right;"><b>16</b></p>	
<p><b>THAI BASIL CHICKEN</b></p> <p>Thai Basil Chicken          Rice          Sauteed Cabbage          Jell-O w/Mandarin          Milk          [Vegetarian Tofu]</p> <p style="text-align: right;"><b>19</b></p>		<p><b>CHEESE HAMBURGER</b></p> <p>Cheese Hamburger w/ Lettuce, Tomato          Potato Salad          Pineapple Parfait          Milk          [Vegetarian Vegan Burger]</p> <p style="text-align: right;"><b>20</b></p>		<p><b>PORK TOMATILLO</b></p> <p>Pork Tomatillo with Rice          Spinach Salad (red bell pepper, carrots)          Orange          Cookie          [Vegetarian: Mexican Tofu]</p> <p style="text-align: right;"><b>21</b></p>		<p><b>DEVEILED EGG SANDWICH</b></p> <p>Deveiled Egg Croissant          Sandwich          Minestrone Soup          Orange Juice          Brownie          Milk</p> <p style="text-align: right;"><b>22</b></p>		<p><b>CHRISTMAS LUNCH</b></p> <p>Roasted Turkey          Mashed Potatoes w/Gravy          Balsamic Brussels sprouts          Orange Juice          Cake &amp; Milk          [Vegetarian: Tandoori Tofu]</p> <p style="text-align: right;"><b>23</b></p>	
<p><b>LAKE VIEW SENIOR CENTER</b></p> <p><b>CLOSED HOLIDAY OBSERVANC</b></p> <p style="text-align: right;"><b>26</b></p> <p style="text-align: left;">*</p>		<p><b>LAKEVIEW SENIOR CENTER</b></p> <p><b>CLOSED HOLIDAY OBSERVANCE</b></p> <p style="text-align: right;"><b>27</b></p>		<p><b>SALMON W/PANANG CURRY</b></p> <p>Roasted Salmon w/ Panang Curry          Rice          Carrots &amp; Cabbage          Orange Juice          Cookie &amp; Milk          [Vegetarian: Tofu]</p> <p style="text-align: right;"><b>28</b></p>		<p><b>MEATBALL STROGANOFF</b></p> <p>Meatball Stroganoff Pasta          Carrots &amp; Broccoli          Parfait Pineapple          Milk          [Vegetarian: Soy Crumble]</p> <p style="text-align: right;"><b>29</b></p>		<p><b>NEW YEARS EVE LUNCH</b></p> <p>BBQ Chicken Slider          Garden Salad          (Tomatoes, olives &amp; carrots)          Jell-O w/Mandarin          Milk          [Vegetarian: Vegan Burger]</p> <p style="text-align: right;"><b>30</b></p>	