


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25</p> <p>Reservations are required & must be made by 10 am 2 business days in prior to reservation date. You can RSVP in person at Lakeview Senior Center or by calling 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>SPAGHETTI & MEATBALLS</p> <p>Meatballs w/ Marinara Sauce Spaghetti Spinach Salad Orange 6 Cookie & Milk [Vegetarian Soy Crumble Marinara]</p>	<p>CAESAR CHICKEN SANDWICH</p> <p>Caesar Chicken w/ Wheat Bread Wheat Bread Tomato Basil Soup Orange Juice 7 Cake & Milk [Vegetarian Vegan Burger]</p>	<p>CHILI BEEF</p> <p>Chili Beef Roasted Potatoes Hawaiian Roll Tropical Fruit 1 Milk [Vegetarian: Soy Crumble Chili]</p>	<p>[LENTIL DAL]</p> <p>Lentil Dal Sauté Cabbage Rice Orange 2 Brownie & Milk [Vegetarian: Same]</p>	<p>TUSCAN SALMON</p> <p>Roasted Salmon w/ Tuscan Sauce Pasta Sauté Carrots Orange 3 Cookie & Milk [Vegetarian: Panko Crusted Tofu]</p>
<p>PORK TOMATILLO</p> <p>Pork with Tomatillo Sauce Rice Spinach Salad Orange 13 Cookie & Milk [Vegetarian Mexican Tofu]</p>	<p>THAI BASIL CHICKEN</p> <p>Thai Basil Chicken Rice Sauté Broccoli Tropical Fruits 14 Milk [Vegetarian: Thai Basil Tofu]</p>	<p>CHEESEBURGER</p> <p>Cheeseburger Lettuce & Tomatoes Potato Salad Pineapple Parfait 15 Milk [Vegetarian Vegan Burger]</p>	<p>DEVIL EGG CROISSANT</p> <p>Devil Egg Croissant Sandwich Roasted Carrot Soup Orange Juice Pound Cake 16 Milk [Vegetarian: same]</p>	<p>ST PATRICK'S DAY</p> <p>Corn Beef Boiled Cabbage Irish Soda Bread Muffin Orange Juice 17 Chocolate Chip Cookie & Milk [Vegetarian: _Lentil Loaf_____]</p>
<p>MEATBALL STROGANOFF</p> <p>Meatball Stroganoff Pasta Garden Salad (Carrots & Red Pepper) Orange Juice 20 Cookie & Milk [Vegetarian: Soy Crumble]</p>	<p>CHIPOTLE CHICKEN SANDWICH</p> <p>Chipotle Chicken w/Wheat Bread Split Pea Soup Tropical Fruit Milk 21 [Vegetarian: Chix Patty]</p>	<p>SALMON W/ PANANG CURRY</p> <p>Roasted Salmon w/ Panang Curry Rice Garlic Carrots & Peas Orange Juice 22 Pound Cake & Milk [Vegetarian: Tandoori Tofu]</p>	<p>TURKEY & EGG CHEF SALAD</p> <p>Turkey & Egg Chef Salad (Tomato, Peas & Carrots) Hawaiian Roll Peach Crips 23 Milk [Vegetarian: Herbed Tofu]</p>	<p>BBQ CHICKEN SLIDER</p> <p>BBQ Chicken Slider Coleslaw Mandarin Parfait Milk 24 [Vegetarian: Vegan Burger]</p>
<p>FRENCH ONION CHICKEN</p> <p>French Onion Chicken Red Cabbage Hawaiian Roll Orange (whole) 27 Milk [Vegetarian: Chix Patty]</p>	<p>TUNA & EGG CHEF SALAD</p> <p>Tuna & Egg Chef Salad (Tomato, Peas & Carrots) Hawaiian Roll Pineapple Cup 28 Milk [Vegetarian: Herbed Tofu]</p>	<p>BEEF W/BLACK BEAN TACOS</p> <p>Beef w/ Black Bean Tacos (2) Spinach Salad Orange Juice Cake 29 Milk [Vegetarian: Soy Crumble & Bean]</p>	<p>RED PEPPER CHICKEN SANDWICH</p> <p>Red Pepper Chicken Wheat Sandwich Tomato Basil Soup Cookie Milk 30 [Vegetarian: _Hummus Sandwich]</p>	<p>TERIYAKI CHICKEN </p> <p>Teriyaki Chicken Roasted Sweet Potatoes Rice Mandarin Parfait 31 Milk [Vegetarian: Teriyaki Chix Patty]</p>



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 menu with equal nutritional value due to food price or food availability. This project is funded in parts from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.