

Irvine Lunch

Age Well Nutrition Program • **May 2023 Menu**

Daily Lunch Program

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

Age Well®

Orange County's partner in aging

CHRIS HERNANDEZ RDN

MONDAY	TUESDA	WEDNESDA	THURSDA	FRIDA
TURKEY & EGG SALAD Turkey & Egg Chef Salad (Tomato, Peas & Carrots) Wheat Roll Peach Crisp & Milk [Veg: Herbed Tofu] <p style="text-align: right;">1</p>	CHIPOTLE CHICKEN Chipotle Chicken Sandwich Wheat Bread Split Pea Soup Tropical Fruit & Milk [Veg: Chipotle Chix Patty] <p style="text-align: right;">2</p>	COD w/ PANANG CURRY Roasted Cod Fish Panang Curry Rice Garlic Carrots & Peas Orange Juice, Cake & Milk [Veg: Panang Curry Tofu] <p style="text-align: right;">3</p>	LENTIL DAL Lentil Dal Sauté Cabbage Rice Orange Juice, Cake & Milk [Veg: Same] <p style="text-align: right;">4</p>	CINCO DE MAYO Mexican Beef Lasagna Garden Salad Mandarin Parfait Milk [Veg: Mex Black Bean Lasagna] <p style="text-align: right;">5</p>
FRENCH ONION CHICKEN French Onion Chicken Red Cabbage Wheat Roll Whole Orange & Milk [Veg: Chix Patty] <p style="text-align: right;">8</p>	TUNA & EGG CHEF SALAD Tuna & Egg Chef Salad (Tomato, Peas & Carrots) Wheat Roll Pineapple Cup & Milk [Veg: Herbed Tofu] <p style="text-align: right;">9</p>	BEEF BLK BEAN TACOS Beef w/ Black Bean Tacos (2) Spinach Salad Orange Juice Cake & Milk [Veg: Soy Crumble & Bean] <p style="text-align: right;">10</p>	RED PEPPER CHICKEN Red Pepper Chicken Sandwich Wheat Bread Tomato Basil Soup Cookie & Milk [Veg: Red Pepper Hummus] <p style="text-align: right;">11</p>	MOTHERS DAY Chicken Roulade Sauté Broccoli Rice Pilaf Chocolate Cake & Milk [Veg: Mushroom Chix Patty] <p style="text-align: right;">12</p>
CHICKEN CACCIATORE Chicken Cacciatore Black Olives Mashed Potatoes Wheat Roll Pineapple Parfait & Milk [Veg: Eggplant Parmesan] <p style="text-align: right;">15</p>	TUNA SALAD SANDWICH Tuna Salad w/Wheat Bread Roasted Carrot Soup Mandarin Parfait Milk [Veg: Chickpea Artichoke] <p style="text-align: right;">16</p>	MEATBALL STROGANOFF Meatball Stroganoff & Pasta Sauté Carrots & Broccoli Orange Juice Oatmeal Cookie & Milk [Veg: Beluga Black Lentil] <p style="text-align: right;">17</p>	VEGETARIAN LASAGNA Vegetable Lasagna Lentil Soup Orange Juice Cookie & Milk [Vegetarian: Same] <p style="text-align: right;">18</p>	CILANTRO LIME CHICKEN Cilantro Lime Chicken Garden Salad Wheat Roll Tropical Fruit & Milk [Veg: Cilantro Lime Tofu] <p style="text-align: right;">19</p>
PULLED PORK SLIDERS Pulled Pork Sliders Coleslaw Orange Oatmeal Cookie & Milk [Veg: Black Bean Patty] <p style="text-align: right;">22</p>	CHICKEN TARRAGON Chicken Tarragon Sandwich Split Pea Soup Orange Juice Apple Sauce & Milk [Veg: Spinach Potato Patty] <p style="text-align: right;">23</p>	CHILI BEEF Chili Beef Roasted Potatoes Wheat Roll Tropical Fruit & Milk [Veg: Chickpea Quinoa] <p style="text-align: right;">24</p>	GREEN CHICKEN CURRY Green Chicken Curry Sauté Cabbage & Baby Corn Rice Orange Juice, Cake & Milk [Veg: Soy Crumble Curry] <p style="text-align: right;">25</p>	MEMORIAL DAY LUNCH Beef Hot Dog w/Chili Cheese Spinach Salad Wheat Bun Fruit Cup & Milk [Veg: Veggie Hot Dog] <p style="text-align: right;">26</p>
LAKEVIEW CENTER CLOSED HOLIDAY OBSERVANCE <p style="text-align: right;">29</p>	CAESAR CHICKEN Caesar Chicken Sandwich Wheat Bread Tomato Basil Soup Orange Juice, Banana & Milk [Veg: Veggie Burger] <p style="text-align: right;">30</p>	PORK CARNITAS Pork Carnitas Tortilla (2) Sauté Broccoli Orange, Pudding & Milk [Veg: Mexican Tofu] <p style="text-align: right;">31</p>	SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25 Reservations are required & must be made by 12pm 2 business days in prior to reservation date. RSVP in person at Lakeview Senior Center or call 949-724-6900. 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 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.