

Irvine Lunch

Age Well Nutrition Program • September 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	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 10am 2 business days in 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</p>				
<p>Labor Day Holiday Closure</p> <p>4</p>	<p>TURKEY & EGG</p> <p>Chef Salad Wheat Roll Peach Cup Milk [Veg: Herb Tofu]</p> <p>5</p>	<p>MEDITERRANEAN COD</p> <p>Garden Salad Rice Seasonal Fruit Cookie & Milk [Veg: Stuffed Eggplant]</p> <p>6</p>	<p>LENTIL DAL</p> <p>Cream of Broccoli Soup Wheat Roll Orange Juice Brownie & Milk [Veg: Same]</p> <p>7</p>	<p>CHICKEN CACCIATORE</p> <p>Garden Salad Wheat Roll Pineapple Parfait Milk [Veg: Eggplant Parmesan]</p> <p>1</p>
<p>MIDDLE EASTERN MINCED BEEF</p> <p>Mediterranean Salad Pita Bread Mandarin Cup & Milk [Veg: Baba Ganoush]</p> <p>11</p>	<p>TUNA SALAD SANDWICH</p> <p>Roasted Carrot Soup Wheat Bread Seasonal Fruit Apple Sauce & Milk [Veg: Chickpea Artichoke]</p> <p>12</p>	<p>SESAME CHICKEN</p> <p>Broccoli & Carrots Brown Rice Oatmeal Cookie Orange Juice & Milk [Veg: Lemongrass Tofu]</p> <p>13</p>	<p>PORK CARNITAS</p> <p>Roasted Vegetable Salad Tortilla (2) Pound Cake Seasonal Fruit & Milk [Veg: Mexican Beluga Lentil]</p> <p>14</p>	<p>TERIYAKI CHICKEN</p> <p>Asian Salad Brown Rice Pineapple Parfait Milk [Veg: Teriyaki Tofu]</p> <p>15</p>
<p>TURKEY CHILI</p> <p>Rainbow Salad Roasted Potatoes Corn Bread Seasonal Fruit & Milk [Veg: White Bean Chili]</p> <p>18</p>	<p>CHIPOTLE CHICKEN WHEAT SANDWICH 💡</p> <p>Split Pea Soup Pound Cake Orange Juice & Milk [Veg: Sweet Potato Chickpea]</p> <p>19</p>	<p>MEXICAN BEEF LASAGNA</p> <p>Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mex Blk Bean Lasagna]</p> <p>20</p>	<p>VEGETARIAN LASAGNA</p> <p>Lentil Soup Seasonal Fruit Brownie Milk [Veg: Same]</p> <p>21</p>	<p>TUSCAN SALMON</p> <p>Pasta Sauté Carrots & Peas Pineapple Cup Milk [Veg: Tuscan Tofu]</p> <p>22</p>
<p>SPAGHETTI MEATBALLS w/ MARINARA SAUCE 💡</p> <p>Garden Salad Mandarin Cup Milk [Veg: Soy Crumble Marinara]</p> <p>25</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH</p> <p>Tomato Basil Soup Seasonal Fruit Orange & Milk [Veg: Falafel Sandwich]</p> <p>26</p>	<p>TURKEY MEATBALLS w/ RED CURRY SAUCE</p> <p>Zucchini & Squash Rice Pineapple Parfait & Milk [Veg: Tandoori Chickpea]</p> <p>27</p>	<p>TUNA & EGG</p> <p>Chef Salad Wheat Roll Orange Juice Brownie & Milk [Veg: Herb Tofu]</p> <p>28</p>	<p>CILANTRO LIME CHICKEN</p> <p>Asian Slaw Rice Oatmeal Raisin Cookie Seasonal Fruit & Milk [Veg: Cilantro Lime Tofu]</p> <p>29</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. Dept. 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.