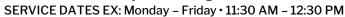
Irvine Lunch

Age Well Nutrition Program • September 2023 Menu

Daily Lunch Program





CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED CONTRIBUTION COST - 59 YEARS OR YOUNG Reservations are required & must be to reservation date. RSVP in person at Lakeview Senior Control No special requests or menu substitution notice. Our menus, per meal, average	ER: \$6.25 nade by 10am 2 business days in prior enter or call 949-724-6916. ions. Menu subject to change without			CHICKEN CACCIATORE Garden Salad Wheat Roll Pineapple Parfait Milk [Veg: Eggplant Parmesan]
Labor Day Holiday Closure	TURKEY & EGG Chef Salad Wheat Roll Peach Cup Milk [Veg: Herb Tofu] 5	MEDITERRANEAN COD Garden Salad Rice Seasonal Fruit Cookie & Milk [Veg: Stuffed Eggplant] 6	LENTIL DAL Cream of Broccoli Soup Wheat Roll Orange Juice Brownie & Milk [Veg: Same]	MEATBALL STROGANOFF Pasta Sauté Carrots & Peas Mandarin Parfait Milk [Veg: Zucchini Stroganoff]
MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Mandarin Cup & Milk [Veg: Baba Ganoush]	TUNA SALAD SANDWICH Roasted Carrot Soup Wheat Bread Seasonal Fruit Apple Sauce & Milk [Veg: Chickpea Artichoke]	SESAME CHICKEN Broccoli & Carrots Brown Rice Oatmeal Cookie Orange Juice & Milk [Veg: Lemongrass Tofu]	PORK CARNITAS Roasted Vegetable Salad Tortilla (2) Pound Cake Seasonal Fruit & Milk [Veg: Mexican Beluga Lentil]	TERIYAKI CHICKEN Asian Salad Brown Rice Pineapple Parfait Milk [Veg: Teriyaki Tofu]
TURKEY CHILI Rainbow Salad Roasted Potatoes Corn Bread Seasonal Fruit & Milk [Veg: White Bean Chili]	CHIPOTLE CHICKEN WHEAT SANDWICH Split Pea Soup Pound Cake Orange Juice & Milk [Veg: Sweet Potato Chickpea]	MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mex Blk Bean Lasagna]	VEGETARIAN LASAGNA Lentil Soup Seasonal Fruit Brownie Milk [Veg: Same]	TUSCAN SALMON Pasta Sauté Carrots & Peas Pineapple Cup Milk [Veg: Tuscan Tofu]
SPAGHETTI MEATBALLS w/ MARINARA SAUCE Garden Salad Mandarin Cup Milk [Veg: Soy Crumble Marinara]	MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Seasonal Fruit Orange & Milk [Veg: Falafel Sandwich]	TURKEY MEATBALLS w/ RED CURRY SAUCE Zucchini & Squash Rice Pineapple Parfait & Milk [Veg: Tandoori Chickpea]	TUNA & EGG Chef Salad Wheat Roll Orange Juice Brownie & Milk [Veg: Herb Tofu]	CILANTRO LIME CHICKEN Asian Slaw Rice Oatmeal Raisin Cookie Seasonal Fruit & Milk [Veg: Cilantro Lime Tofu]

