

Irvine Lunch

Age Well Nutrition Program • October 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
PULLED PORK SLIDER Coleslaw Slider Bun Chocolate Chip Cookie Orange & Milk 2 [Veg: Black Bean Patty]	BEEF w/BLK BEAN TACOS Mexican Coleslaw Tortillas (2) Seasonal Fruit Milk 3 [Veg: Soy Crumble Blk Bean]	SALMON PANANG CURRY Sauté Carrots & Peas Rice Seasonal Fruit Milk 4 [Veg: Panang Curry Tofu]	LENTIL DAL Mediterranean Salad Pita Bread Oatmeal Raisin Cookie Orange & Milk 5 [Veg: Same]	HANDEL CHICKEN Sweet & Sour Cabbage Wheat Roll Seasonal Fruit Milk 6 [Veg: Handel Chickpeas]
VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit & Milk [Veg: Coconut Tofu Curry] 9	RED PEPPER CHICKEN SANDWICH Cream of Broccoli Soup Pound Cake Orange & Milk 10 [Veg: Falafel Sandwich]	CHEESEBURGER  Sesame Bun Roasted Potato Hash Seasonal Fruit Orange & Milk 11 [Veg: Veggie Burger]	DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk 12 [Veg: Chickpea Artichoke]	CHICKEN CACCIATORE W/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait & Milk [Veg: Eggplant Parmesan] 13
TURKEY & EGG CHEF'S SALAD Wheat Roll Seasonal Fruit & Milk [Veg: Tofu & Egg Chef's Salad] 16	CHICKEN MARSALA Rainbow Salad Orange Rice Apple & Milk 17 [Veg: Lentil Loaf Caper Sauce]	MEDITERRANIAN COD Garden Salad Orange & Milk Rice Chocolate Chip Cookie [Veg: Stuffed Eggplant] 18	VEGETARIAN LASAGNA Cream of Broccoli Soup Orange Juice Brownie Milk 19 [Veg: Same]	MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Seasonal Fruit Milk 20 [Veg: Zucchini Stroganoff]
MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit & Milk [Veg: Baba Ganoush] 23	TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk 24 [Veg: Chickpea Artichoke]	SESAME CHICKEN Broccoli & Carrots Orange Juice & Milk Rice Oatmeal Raisin Cookie [Veg: Lemongrass Tofu] 25	PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake & Milk 26 [Veg: Mexican Beluga Lentil]	TERRIYAKI CHICKEN Asian Salad Rice Seasonal Fruit Milk 27 [Veg: Teriyaki Tofu]
TURKEY CHILI Rainbow Salad Corn Bread Seasonal Fruit Milk 30 [Veg: White Bean Chili]	CHIPOTLE CHICKEN SANDWICH  Split Pea Soup Pound Cake Orange Juice & Milk 31 [Veg: Sweet Potato Chickpea]		SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25 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	



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 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.