



Irvine

Age Well Nutrition Program • December 2023 Menu

Daily Lunch Program

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

CHRIS HERNANDEZ RDN

Age Well
Orange County's partner in aging

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.</p> <p>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>		<p>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>				<p>MEATBALL STROGANOFF Carrots & Peas Pasta Mandarin Parfait & Milk [Veg: Zucchini Stroganoff] 1</p>			
<p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Mandarin Cup & Milk [Veg: Baba Ganoush] 4</p>		<p>SESAME CHICKEN Broccoli & Carrots Orange Juice & Milk Rice Oatmeal Raisin Cookie [Veg: Lemongrass Tofu] 5</p>		<p>TUNA SALAD SANDWICH Roasted Carrot Soup Orange Wheat Bread Apple Sauce & Milk [Veg: Chickpea Artichoke] 6</p>		<p>PORK CARNITAS Roasted Vegetable Salad Orange Tortillas Pound Cake & Milk [Veg: Lentil Dal] 7</p>		<p>TERRIYAKI CHICKEN Asian Salad Rice Pineapple Parfait Milk [Veg: Teriyaki Tofu] 8</p>	
<p>TURKEY CHILI Rainbow Salad Corn Bread Tropical Fruit Milk [Veg: White Bean Chili] 11</p>		<p>CHIPOTLE CHICKEN SANDWICH Split Pea Soup Pound Cake Orange Juice & Milk [Veg: Sweet Potato Chickpea] 12</p>		<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk [Veg: Mex Blk Bean Lasagna] 13</p>		<p>LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange & Milk [Veg: Spinach Wellington] 14</p>		<p>TUSCAN SALMON Carrots & Peas Pasta Seasonal Fruit Milk [Veg: Tuscan Tofu] 15</p>	
<p>MEATBALLS W/ MARINARA Garden Salad Spaghetti Seasonal Fruit & Milk [Veg: Soy Crumble Marinara] 18</p>		<p>TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit & Milk [Veg: Tandoori Chickpea] 19</p>		<p>TUNA & EGG Chef Salad Wheat Roll Brownie Orange Juice & Milk [Veg: Chickpea Patty] 20</p>		<p>MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange & Milk [Veg: Falafel Sandwich] 21</p>		<p>ROAST TURKEY W/ CRANBERRY SAUCE Broccoli Gratin Mashed Potatoes w/ Gravy Orange Juice, Cake & Milk [Stuffed Portabella Mushroom] 22</p> 	
<p>CLOSED  26</p>		<p>CLOSED 27</p>		<p>CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice & Milk [Veg: Spinach Potato Patty] 27</p>		<p>ROASTED CHICKEN SCHWARMA Mediterranean Salad Pita Bread & Oatmeal Cookie Orange & Milk [Veg: Tofu Shawarma] 28</p>		<p>COD W/ PANANG CURRY SAUCE Sauté Carrots & Peas Rice Tropical Fruit & Milk [Veg: Panang Curry Tofu] 29</p>	



Meal contains sodium over 1000mg

...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.