
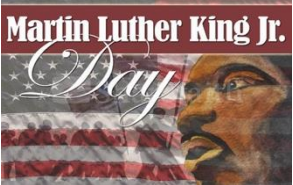


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED</p>  <p>1</p>	<p>CHICKEN KABOB</p> <p>Tabouli Salad</p> <p>Pita Bread</p> <p>Pound Cake</p> <p>Seasonal Fruit</p> <p>Orange &amp; Milk</p> <p>[Veg: Chickpea Patty]</p> <p>2</p>	<p>CHEESEBURGER</p> <p>Sesame Bun</p> <p>Roasted Potato Hash</p> <p>Seasonal Fruit</p> <p>Orange &amp; Milk</p> <p>[Veg: Veggie Burger]</p> <p>3</p>	<p>DEVIL EGG SANDWICH</p> <p>Split Pea Soup</p> <p>Chocolate Chip Cookie</p> <p>Orange Juice</p> <p>Milk</p> <p>[Veg: Chickpea Patty]</p> <p>4</p>	<p>CHICKEN CACCIATORE W/ BLACK OLIVES</p> <p>Wheat Roll</p> <p>Garden Salad</p> <p>Pineapple Parfait &amp; Milk</p> <p>[Veg: Eggplant Parmesan]</p> <p>5</p>
<p>TURKEY &amp; EGG CHEF SALAD</p> <p>Wheat Roll</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>[Veg: Tofu &amp; Egg Chef's Salad]</p> <p>8</p>	<p>CHICKEN MARSALA</p> <p>Rice</p> <p>Rainbow Salad</p> <p>Apple &amp; Orange</p> <p>Milk</p> <p>[Veg: Lentil Loaf Caper Sauce]</p> <p>9</p>	<p>MEDITERRANIAN COD</p> <p>Rice</p> <p>Garden Salad</p> <p>Chocolate Chip Cookie</p> <p>Orange &amp; Milk</p> <p>[Veg: Stuffed Eggplant]</p> <p>10</p>	<p>BBQ CHICKEN SLIDER</p> <p>Wheat Bun</p> <p>Cream of Broccoli Soup</p> <p>Brownie</p> <p>Orange Juice &amp; Milk</p> <p>[Veg: Black Bean Patty]</p> <p>11</p>	<p>MEATBALL STROGANOFF</p> <p>Pasta</p> <p>Sauté Carrots &amp; Peas</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>[Veg: Zucchini Stroganoff]</p> <p>12</p>
<p>CLOSED</p>  <p>15</p>	<p>TERRIYAKI CHICKEN</p> <p>Rice</p> <p>Asian Salad</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>[Veg: Teriyaki Tofu]</p> <p>16</p>	<p>TUNA SALAD SANDWICH</p> <p>Roasted Carrot Soup</p> <p>Apple Sauce</p> <p>Orange</p> <p>Milk</p> <p>[Veg: Chickpea Artichoke]</p> <p>17</p>	<p>PORK CARNITAS</p> <p>Tortillas</p> <p>Roasted Vegetable Salad</p> <p>Pound Cake</p> <p>Orange &amp; Milk</p> <p>[Veg: Mexican Beluga Lentil]</p> <p>18</p>	<p>ORANGE CHICKEN</p> <p>Rice</p> <p>Broccoli Medley</p> <p>Oatmeal Raisin Cookie</p> <p>Orange Juice &amp; Milk</p> <p>[Veg: Orange Tofu]</p> <p>19</p>
<p>TURKEY CHILI</p> <p>Corn Bread</p> <p>Rainbow Salad</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>[Veg: White Bean Chili]</p> <p>22</p>	<p>CHIPOTLE CHICKEN SANDWICH</p> <p>Split Pea Soup</p> <p>Pound Cake</p> <p>Orange Juice &amp; Milk</p> <p>[Veg: Sweet Potato Chickpea]</p> <p>23</p>	<p>MEXICAN BEEF LASAGNA</p> <p>Mexican Coleslaw</p> <p>Apple Sauce</p> <p>Orange Juice</p> <p>Milk</p> <p>[Veg: Mex Blk Bean Lasagna]</p> <p>24</p>	<p>LEMON CAPER CHICKEN</p> <p>Rice</p> <p>Garden Salad</p> <p>Chocolate Chip Cookie</p> <p>Orange &amp; Milk</p> <p>[Veg: Spinach Wellington]</p> <p>25</p>	<p>TUSCAN SALMON</p> <p>Penne Pasta</p> <p>Carrots &amp; Peas</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>[Veg: Tuscan Tofu]</p> <p>26</p>
<p>MEATBALLS W/ MARINARA</p> <p>Spaghetti</p> <p>Garden Salad</p> <p>Seasonal Fruit &amp; Milk</p> <p>[Veg: Soy Crumble Marinara]</p> <p>29</p>	<p>TURKEY MEATBALLS RED CURRY</p> <p>Rice</p> <p>Zucchini &amp; Squash</p> <p>Pineapple Parfait &amp; Milk</p> <p>[Veg: Tandoori Chickpea]</p> <p>30</p>	<p>TUNA &amp; EGG</p> <p>Chef Salad</p> <p>Wheat Roll</p> <p>Brownie</p> <p>Orange Juice &amp; Milk</p> <p>[Veg: Herb Tofu]</p> <p>31</p>	<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00</p> <p>COST - 59 YEARS OR YOUNGER: \$6.25</p> <p>Reservations are required &amp; must be made by 10am 2 business days in prior to reservation date.</p> <p>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>	

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.

Meal contains sodium over 1000mg