



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>PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk [Veg: Black Bean Patty] 5</p>	<p>BEEF w/BLK BEAN TACOS Mexican Coleslaw Tortilla (2) Seasonal Fruit & Milk [Veg: Soy Crumble Blk Bean] 6</p>	<p>CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice & Milk [Veg: Spinach Potato Patty] 7</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Sauce Orange & Milk [Veg: Herb Tofu] 1</p>	<p>CILANTRO LIME CHICKEN Asian Slaw Rice Oatmeal Raisin Cookie Orange & Milk [Veg: Cilantro Lime Tofu] 2</p>
<p>VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit & Milk [Veg: Coconut Tofu Curry] 12</p>	<p>RED PEPPER CHICKEN SANDWICH Cream of Broccoli Soup Orange Pound Cake & Milk [Veg: Falafel Sandwich] 13</p>	<p>CREAMY CILANTRO LIME SALMON Sauté Red Cabbage & Rice Orange Cake & Milk [Veg: Creamy Cilantro Tofu] 14</p>	<p>ROASTED CHICKEN SHAWARMA Mediterranean Salad Pita Bread Oatmeal Cookie, Orange & Milk [Veg: Tofu Shawarma] 8</p>	<p>COCONUT SHRIMP w/ MANGO SAUCE Sauté Sesame Broccoli Medley Rice Seasonal Fruit & Milk [Veg: Mango Sauce Black Bean] 9</p>
<p>CLOSED FOR OBSERVANCE OF PRESIDENTS DAY</p> 	<p>CHICKEN MARSALA Rainbow Salad Orange Rice Apple & Milk [Veg: Lentil Loaf Caper Sauce] 20</p>	<p>MEDITERRANIAN COD Garden Salad Orange Rice Chocolate Chip Cookie & Milk [Veg: Stuffed Eggplant] 21</p>	<p>DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk [Veg: Chickpea Patty] 15</p>	<p>CHICKEN CACCIATORE Garden Salad Wheat Roll Pineapple Parfait Milk [Veg: Eggplant Parmesan] 16</p>
<p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit & Milk [Veg: Baba Ganoush] 26</p>	<p>CHICKEN MARSALA Rainbow Salad Orange Rice Apple & Milk [Veg: Lentil Loaf Caper Sauce] 20</p>	<p>MEDITERRANIAN COD Garden Salad Orange Rice Chocolate Chip Cookie & Milk [Veg: Stuffed Eggplant] 21</p>	<p>BBQ CHICKEN SLIDER Cream of Broccoli Soup Orange Juice Brownie Milk [Veg: Black Bean Patty] 22</p>	<p>MEATBALL STROGANOFF Carrots & Peas Penne Pasta Seasonal Fruit & Milk [Veg: Zucchini Stroganoff] 23</p>
<p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit & Milk [Veg: Baba Ganoush] 26</p>	<p>SESAME CHICKEN Broccoli & Carrots Rice Oatmeal Raisin Cookie Orange Juice & Milk [Veg: Lemongrass Tofu] 27</p>	<p>TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce & Milk [Veg: Chickpea Artichoke] 28</p>	<p>PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake & Milk [Veg: Lentil Dahl] 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.