


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHICKEN POT PIE Ranch Salad Orange Oatmeal Raisin Cookie Milk <b>1</b> [Veg: Vegetarian Pot Pie]</p>	<p>TURKEY &amp; EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk <b>2</b> [Veg: Tofu &amp; Egg Chef's Salad]</p>	<p>MEDITERRANIAN COD Garden Salad Rice Chocolate Chip Cookie Orange &amp; Milk <b>3</b> [Veg: Stuffed Eggplant]</p>	<p>BBQ CHICKEN SLIDER  Cream of Broccoli Soup Orange Juice Wheat Bun Brownie &amp; Milk <b>4</b> [Veg: Black Bean Patty]</p>	<p>MEATBALL STROGANOFF Sauté Carrots &amp; Peas Pasta Seasonal Fruit Milk <b>5</b> [Veg: Zucchini Stroganoff]</p>
<p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit &amp; Milk <b>8</b> [Veg: Baba Ganoush]</p>	<p>SESAME CHICKEN Broccoli &amp; Carrots Rice Orange Juice &amp; Milk Oatmeal Raisin Cookie <b>9</b> [Veg: Lemongrass Tofu]</p>	<p>TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk <b>10</b> [Veg: Chickpea Artichoke]</p>	<p>PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake &amp; Milk <b>11</b> [Veg: Lentil Dal]</p>	<p>TERRIYAKI CHICKEN Asian Salad Rice Seasonal Fruit Milk <b>12</b> [Veg: Teriyaki Tofu]</p>
<p>TURKEY CHILI Rainbow Salad Corn Bread Seasonal Fruit Milk <b>15</b> [Veg: White Bean Chili]</p>	<p>CHIPOTLE CHICKEN SANDWICH  Split Pea Soup Pound Cake Orange Juice &amp; Milk <b>16</b> [Veg: Sweet Potato Chickpea]</p>	<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk <b>17</b> [Veg: Mex Blk Bean Lasagna]</p>	<p>LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange &amp; Milk <b>18</b> [Veg: Spinach Wellington]</p>	<p><b>CLOSED</b></p>  <p><b>19</b></p>
<p>MEATBALLS W/ MARINARA  Garden Salad Spaghetti Seasonal Fruit &amp; Milk <b>22</b> [Veg: Soy Crumble Marinara]</p>	<p>TURKEY MEATBALLS RED CURRY Zucchini &amp; Squash Rice Seasonal Fruit &amp; Milk <b>23</b> [Veg: Tandoori Chickpea]</p>	<p>TUNA &amp; EGG Chef Salad Orange Juice Wheat Roll Brownie &amp; Milk <b>24</b> [Veg: Herb Tofu]</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange &amp; Milk <b>25</b> [Veg: Falafel Sandwich]</p>	<p>ROSEMARY CHICKEN Rainbow Salad Cous Cous Orange Cake &amp; Milk <b>26</b> [Veg: Cilantro Lime Tofu]</p>
<p>PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk <b>29</b> [Veg: Black Bean Patty]</p>	<p>SALMON W/ PANANG CURRY SAUCE Sauté Carrots &amp; Peas Rice Seasonal Fruit &amp; Milk <b>30</b> [Veg: Panang Curry Tofu]</p>		<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25 Reservations are required &amp; 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</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. 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.