


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEATBALLS W/ MARINARA </p> <p>Garden Salad Spaghetti Seasonal Fruit & Milk 3 [Veg: Soy Crumble Marinara]</p>	<p>TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit & Milk 4 [Veg: Tandoori Chickpea]</p>	<p>TUNA & EGG Chef Salad Orange Juice Wheat Roll Brownie & Milk 5 [Veg: Herb Tofu]</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange & Milk 6 [Veg: Falafel Sandwich]</p>	<p>CILANTRO LIME CHICKEN Asian Slaw Orange Rice Oatmeal Raisin Cookie & Milk 7 [Veg: Cilantro Lime Tofu]</p>
<p>PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk 10 [Veg: Black Bean Patty]</p>	<p>BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla (2) Seasonal Fruit & Milk 11 [Veg: Soy Crumble Blk Bean]</p>	<p>CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice & Milk 12 [Veg: Spinach Potato Patty]</p>	<p>ROASTED CHICKEN SHAWARMA Mediterranean Salad Orange & Oatmeal Cookie & Milk 13 [Veg: Tofu Shawarma]</p>	<p>BBQ SHREDDED BEEF SLIDE </p> <p>Rosemary Roasted Potatoes Coleslaw Orange Juice, Cookie & Milk 14 [Veg: Mushroom Lentil Patty]</p>
<p>VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit & Milk 17 [Veg: Vietnamese Braised Tofu]</p>	<p>CHICKEN RED PEPPER SANDWICH Cream of Broccoli Soup Pound Cake Orange & Milk 18 [Veg: Chickpea Patty]</p>	<p>CLOSED</p> <p></p> <p>19</p>	<p>DEVIL EGG SANDWICH Split Pea Soup Orange Juice Chocolate Chip Cookie Milk 20 [Veg: Chickpea Patty]</p>	<p>CHICKEN CACCIATORE W/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait & Milk 21 [Veg: Eggplant Parmesan]</p>
<p>TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk 24 [Veg: Tofu & Egg Chef's Salad]</p>	<p>CHICKEN MARSALA Rainbow Salad Rice Orange Apple & Milk 25 [Veg: Lentil Loaf Caper Sauce]</p>	<p>MEDITERRANIAN COD Garden Salad Orange Rice Chocolate Chip Cookie & Milk 26 [Veg: Stuffed Eggplant]</p>	<p>BBQ CHICKEN SLIDER </p> <p>Cream of Broccoli Soup Orange Juice Wheat Bun Brownie & Milk 27 [Veg: Black Bean Patty]</p>	<p>MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Mandarin Parfait Milk 28 [Veg: Zucchini Stroganoff]</p>
<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>				

 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 California Department of Aging and administered by the Orange County Office on Aging.