



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>MIDDLE EASTERN GROUND BEEF Steamed Green Beans Couscous Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ganoush] 5</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich] 6</p>	<p>BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf] 7</p>	<p>CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi] 1</p>	<p>CHEESEBURGER  Rosemary Roasted Potatoes Cantaloupe Milk [Veg: Black Bean Burger] 2</p>
<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna] 12</p>	<p>GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger] 13</p>	<p>CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty] 14</p>	<p>COCONUT SHRIMP w/ Mango Salsa Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo] 15</p>	<p>SALISBURY BEEF STEAK Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange; Milk [Veg: Vegetarian Salisbury] 16</p>
<p>BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili] 19</p>	<p>CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk [Veg: Tofu Waldorf Croissant] 20</p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH  Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub] 21</p>	<p>CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk [Veg: Chickpea Primavera] 22</p>	<p>LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake; Milk [Veg: Spinach Wellington] 23</p>
<p>CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu] 26</p>	<p>BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie; Milk [Veg: Lentil Bourguignon] 27</p>	<p>CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple; Milk [Veg: Eggplant Parmesan] 28</p>	<p>CHICKEN POT PIE Ranch Salad Tropical Fruit Milk [Veg: Vegetarian Pot Pie] 29</p>	<p>SLOPPY JOE Rosemary Roasted Potatoes Corn Salad Watermelon Milk [Veg: Vegetarian Sloppy Joe] 30</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.