



October 2024 Menu

SERVING TIMES: 11:30 AM - 12:30 PM

Age Well®

Orange County's partner in aging

CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk [Veg: Tofu Waldorf Croissant] 1	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub] 2	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk [Veg: Chickpea Primavera] 3	OKTOBERFEST CHICKEN w/LEMON CREAM SAUCE Sweet & Sour Cabbage Potato Salad Apple Crisp & Milk [Veg: Oktoberfest Tofu] 4 
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu] 7	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie; Milk [Veg: Lentil Bourguignon] 8	CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple; Milk [Veg: Eggplant Parmesan] 9	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk [Veg: Vegetarian Pot Pie] 10	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe, Milk [Veg: Roasted Tofu Tacos] 11
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit; Milk [Veg: Soy Black Bean Tacos] 14	SESAME CHICKEN Green Goddess Soup Ginger Brown Rice Orange Juice Peach Crisp; Milk [Veg: Sesame Tofu] 15	LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange; Milk [Veg: Vegetarian Lemon Herb] 16	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup; Milk [Veg: Soy Bolognese] 17	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe; Milk [Veg: Hummus Sandwich] 18
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Eggplant Stew] 21	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi] 22	TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup & Milk [Veg: Tuscan Tofu] 23	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma] 24	CHEESEBURGER Rosemary Roasted Potato Cantaloupe Milk [Veg: Black Bean Burger] 25
GROUND BEEF PITA SANDWICH Steamed Green Beans Couscous Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ganoush] 28	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich] 29	BEEF MEATLOAF Mashed Potato Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf] 30	GHOULY BEEF BALLS w/MARINARA SAUCE Garden Salad Spaghetti; Garlic Bread Dirt & Worm Pudding; Milk [Veg: Soy Bolognese] 31 	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. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories



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.