

Irvine


# November 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
<p><b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00</b>  <b>COST - 59 YEARS OR YOUNGER: \$6.25</b></p> <p>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.</p> <p>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>				<p><b>CHICKEN MARSALA</b>            Rainbow Salad            Tomato Rice &amp; Bell Pepper            Mandarin Cup            Milk            [Veg: Herb Breaded Tofu] <b>1</b></p>
<p><b>MEXICAN BEEF LASAGNA</b>            Mexican Coleslaw            Apple Sauce            Orange Juice            Milk            [Veg: Mexican Bean Lasagna] <b>4</b></p>	<p><b>GREEK TURKEY BURGER w/TZATZIKI SAUCE</b>            Greek Tomato Salad            Cantaloupe            Milk            [Veg: Quinoa Bean Burger] <b>5</b></p>	<p><b>CHIPOTLE CHICKEN SANDWICH</b>            Split Pea Soup            Tropical Fruit            Milk            [Veg: Black Bean Patty] <b>6</b></p>	<p><b>COCONUT SHRIMP w/ Mango Sauce</b>            Zucchini Apple Soup            Cilantro Lime Rice; Orange            Chocolate Chip Cookie; Milk            [Veg: Cuban Sweet Picadillo] <b>7</b></p>	<p><b>SALISBURY BEEF STEAK</b>            Mashed Potatoes            Broccoli Slaw            Wheat Roll            Patriot Cake; Milk            [Veg: Vegetarian Salisbury] <b>8</b></p>
<p><b>CLOSED</b>            Veterans Day Observance</p>  <p><b>11</b></p>	<p><b>CHICKEN WALDORF CROISSANT</b>            Cream of Broccoli Soup            Cinnamon Baked Apple            Milk            [Veg: Tofu Waldorf Croissant] <b>12</b></p>	<p><b>ITALIAN BEEF MEATBALL SUB SANDWICH</b>             Tuscan Bean Soup            Orange            Apple Sauce; Milk            [Veg: Italian Eggplant Sub] <b>13</b></p>	<p><b>CHICKEN PRIMAVERA PASTA</b>            Garden Salad            Pineapple Cup            Milk            [Veg: Chickpea Primavera] <b>14</b></p>	<p><b>LEMON CAPER CHICKEN</b>            Zucchini Squash Medley            Lemon Dill Couscous            Mandarin Cup            Pound Cake; Milk            [Veg: Spinach Wellington] <b>15</b></p>
<p><b>CHICKEN FAJITAS w/LIME SALSA</b>            Garden Salad; Corn Salsa            Spanish Rice            Pineapple Cup; Milk            [Veg: Fajitas Spiced Tofu] <b>18</b></p>	<p><b>BEEF BOURGUIGNON</b>            Green Bean &amp; Radish Medley            Wheat Roll            Orange            Chocolate Chip Cookie; Milk            [Veg: Lentil Bourguignon] <b>19</b></p>	<p><b>CHICKEN CACCIATORE</b>            Zucchini, Blk Bean &amp; Corn            Spinach Lemon Orzo            Orange Juice            Cinnamon Baked Apple; Milk            [Veg: Eggplant Parmesan] <b>20</b></p>	<p><b>ROAST SALMON TACOS w/ CHIMICHURRI SLAW</b>            Tex Mex Vegetable Soup            Lemon Thyme Brown Rice            Cantaloupe, Milk            [Veg: Roasted Tofu Tacos] <b>21</b></p>	<p><b>ROASTED TURKEY w/CRANBERRY SAUCE</b>            Mashed Potatoes &amp; Gravy             Stuffing; Green Beans            Pumpkin Pie &amp; Milk            [Veg: Spinach Wellington] <b>22</b></p>
<p><b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b>            Corn Salad            Spanish Rice            Tropical Fruit; Milk            [Veg: Soy Black Bean Tacos] <b>25</b></p>	<p><b>SESAME CHICKEN</b>            Cauliflower Broccoli Soup            Ginger Brown Rice            Orange Juice            Peach Crisp; Milk            [Veg: Sesame Tofu] <b>26</b></p>	<p><b>CHICKEN TARRAGON SANDWICH</b>            Tomato Basil Soup            Orange Juice            Cantaloupe; Milk            [Veg: Hummus Sandwich] <b>27</b></p>	<p><b>CLOSED</b>            Thanksgiving Observance</p>  <p><b>28</b> <b>29</b></p>	



Meal contains sodium over 1000mg

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DR) 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.