




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.                      No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>		<p><b>CLOSED</b></p> 	<p><b>CHICKEN POT PIE</b>                      Ranch Salad                      Tropical Fruit                      Milk                      [Veg: Vegetarian Pot Pie]</p>	<p><b>ROAST SALMON TACOS w/ CHIMICHURRI SLAW</b>                      Tex Mex Vegetable Soup                      Lemon Thyme Brown Rice                      Cantaloupe, Milk                      [Veg: Roasted Tofu Tacos]</p>
<p><b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b>                      Corn Salad                      Spanish Rice                      Tropical Fruit; Milk                      [Veg: Soy Black Bean Tacos]</p>	<p><b>SESAME CHICKEN</b>                      Green Goddess Soup                      Ginger Brown Rice                      Orange Juice                      Peach Crisp; Milk                      [Veg: Sesame Tofu]</p>	<p><b>LEMON HERB CHICKEN</b>                      Moroccan Carrots                      Lemon Thyme Brown Rice                      Chocolate Chip Cookie                      Orange; Milk                      [Veg: Vegetarian Lemon Herb]</p>	<p><b>BEEF MEATBALLS w/MARINARA</b>                      French Bistro Salad                      Spaghetti                      Pineapple Cup; Milk                      [Veg: Soy Bolognese]</p>	<p><b>CHICKEN TARRAGON SANDWICH</b>                      Tomato Basil Soup                      Orange Juice                      Cantaloupe; Milk                      [Veg: Hummus Sandwich]</p>
<p><b>CHICKEN KEBAB</b>                      Moroccan Carrots                      Spinach Tomato Orzo                      Orange Juice                      Oatmeal Raisin Cookie &amp; Milk                      [Veg: Eggplant Stew]</p>	<p><b>CHICKEN BANH MI SANDWICH</b>                      Carrot Soup                      Tropical Fruit Cup                      Milk                      [Veg: Mushroom Bean Banh Mi]</p>	<p><b>TUSCAN SALMON</b>                      Balsamic Green Beans w/Pearl Onions                      Whole Wheat Pasta                      Pineapple Cup &amp; Milk                      [Veg: Tuscan Tofu]</p>	<p><b>CHICKEN SHAWARMA</b>                      Mediterranean Salad                      Pita Bread                      Orange                      Pound Cake; Milk                      [Veg: Tofu Shawarma]</p>	<p><b>GROUND BEEF PHILLY CHEESE SUB</b>                      Macaroni Salad                      Chocolate Cake                      Milk                      [Veg: Soy Crumble Philly Sub]</p>
 <p><b>CLOSED MARTIN LUTHER KING DAY</b></p>	<p><b>MANGO CHUTNEY CHICKEN SANDWICH</b>                      Zucchini Apple Soup                      Orange Juice                      Cinnamon Baked Apple; Milk                      [Veg: Chickpea Sandwich]</p>	<p><b>BEEF MEATLOAF</b>                      Mashed Potatoes                      Sauté Peas &amp; Carrots                      Wheat Roll: Orange                      Apple Sauce &amp; Milk                      [Veg: Lentil Loaf]</p>	<p><b>CILANTRO LIME CHICKEN</b>                      Mediterranean Salad                      Lemon Thyme Brown Rice                      Orange                      Oatmeal Cookie &amp; Milk                      [Veg: Persian Eggplant]</p>	<p><b>CHICKEN MARSALA</b>                      Rainbow Salad                      Tomato Rice &amp; Bell Pepper                      Mandarin Cup                      Milk                      [Veg: Herb Breaded Tofu]</p>
<p><b>MEXICAN BEEF LASAGNA</b>                      Mexican Coleslaw                      Apple Sauce                      Orange Juice                      Milk                      [Veg: Mexican Bean Lasagna]</p>	<p><b>GREEK TURKEY BURGER w/TZATZIKI SAUCE</b>                      Greek Tomato Salad                      Cantaloupe                      Milk                      [Veg: Quinoa Bean Burger]</p>	<p><b>GARLIC SHRIMP LONGEVITY NOODLES</b>                      Sauté Napa Cabbage                      Mango Cake                      Milk                      [Veg: Tofu Longevity Noodles]</p>	<p><b>CHIPOTLE CHICKEN SANDWICH</b>                      Split Pea Soup                      Tropical Fruit                      Milk                      [Veg: Black Bean Patty]</p>	<p><b>SALISBURY BEEF STEAK</b>                      Mashed Potatoes                      Carrot Raisin Slaw                      Wheat Roll                      Orange; Milk                      [Veg: Vegetarian Salisbury]</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.