

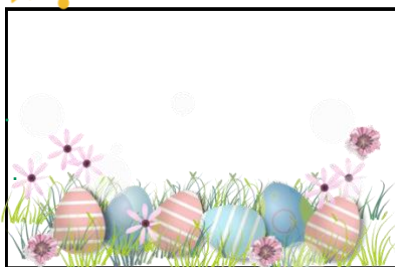

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp; Milk [Veg: Sesame Tofu] 1</p>	<p>LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange; Milk [Veg: Vegetarian Lemon Herb] 2</p>	<p>BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup; Milk [Veg: Soy Bolognese] 3</p>	<p>CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe; Milk [Veg: Hummus Sandwich] 4</p>
<p>CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Eggplant Stew] 7</p>	<p>TUSCAN SALMON Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup & Milk [Veg: Tuscan Tofu] 8</p>	<p>CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh] 9</p>	<p>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma] 10</p>	<p>CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk [Veg: Black Bean Burger] 11</p>
<p>GROUND BEEF PITA SANDWICH Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ganoush] 14</p>	<p>BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf] 15</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich] 16</p>	<p>CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie & Milk [Veg: Persian Eggplant] 17</p>	<p>CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk [Veg: Herb Breaded Tofu] 18</p>
<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna] 21</p>	<p>GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger] 22</p>	<p>CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty] 23</p>	<p>COCONUT SHRIMP w/ MANGO SAUCE Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo] 24</p>	<p>Closed  25</p>
<p>BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili] 28</p>	<p>CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk [Veg: Tofu Waldorf Croissant] 29</p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub] 30</p>	<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25 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</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.