

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEXICAN BEEF LASAGNA

Mexican Coleslaw
Apple Sauce
Orange Juice
Milk
[Veg: Mexican Bean Lasagna]

2**GREEK TURKEY BURGER**

w/TZATZIKI SAUCE
Greek Tomato Salad
Cantaloupe
Milk
[Veg: Quinoa Bean Burger]

3**CHIPOTLE CHICKEN**

SANDWICH
Split Pea Soup
Tropical Fruit
Milk
[Veg: Black Bean Patty]

4**COCONUT SHRIMP**

w/ MANGO SAUCE
Zucchini Apple Soup
Cilantro Lime Rice; Orange
Chocolate Chip Cookie; Milk
[Veg: Cuban Sweet Picadillo]

5**SALISBURY BEEF STEAK**

Mashed Potatoes
Carrot Raisin Slaw
Wheat Roll
Orange; Milk
[Veg: Vegetarian Salisbury]

6**BEEF CHILI**

Roasted Potatoes
Rainbow Salad
Wheat Roll
Cantaloupe; Milk
[Veg: Red Bean Chili]

9**CHICKEN WALDORF**

CROISSANT
Cream of Broccoli Soup
Cinnamon Baked Apple
Milk
[Veg: Tofu Waldorf Croissant]

10**ITALIAN BEEF MEATBALL**

SUB SANDWICH
Tuscan Bean Soup
Orange
Apple Sauce; Milk
[Veg: Italian Eggplant Sub]

**11****CHICKEN PRIMAVERA**

PASTA
Garden Salad
Pineapple Cup
Milk
[Veg: Chickpea Primavera]

12**LEMON CAPER CHICKEN**

Zucchini Squash Med
Macaroni Dill Salad
Mandarin Cup
Pound Cake; Milk
[Veg: Spinach Wellington]

13**CHICKEN FAJITAS**

w/LIME SALSA
Garden Salad
Corn Salsa
Spanish Rice
Pineapple Cup; Milk
[Veg: Fajitas Spiced Tofu]

16**BEEF BOURGUIGNON**

Green Bean & Radish Medley
Wheat Roll
Orange
Chocolate Chip Cookie; Milk
[Veg: Lentil Bourguignon]

17**CHICKEN CACCIATORE**

Zucchini, Black Bean & Corn
Spinach Lemon Orzo
Orange Juice
Cinnamon Baked Apple; Milk
[Veg: Eggplant Parmesan]

18**CLOSED****19****ROAST SALMON TACOS**

w/ CHIMICHURRI SLAW
Tex Mex Vegetable Soup
Lemon Thyme Brown Rice
Cantaloupe, Milk
[Veg: Roasted Tofu Tacos]

20**BEEF w/BEAN TACOS**

w/ TOMATILLO SLAW
Corn Salad
Spanish Rice
Tropical Fruit; Milk
[Veg: Soy Black Bean Tacos]

23**SESAME CHICKEN**

Cauliflower Broccoli Soup
Ginger Brown Rice
Orange Juice
Peach Crisp; Milk
[Veg: Sesame Tofu]

24**LEMON HERB CHICKEN**

Moroccan Carrots
Lemon Thyme Brown Rice
Chocolate Chip Cookie
Orange; Milk
[Veg: Vegetarian Lemon Herb]

25**BEEF MEATBALLS**

w/MARINARA
French Bistro Salad
Spaghetti
Pineapple Cup; Milk
[Veg: Soy Bolognese]

26**CHICKEN TARRAGON**

SANDWICH
Tomato Basil Soup
Orange Juice
Cantaloupe; Milk
[Veg: Hummus Sandwich]

27**CHICKEN KEBAB**

Moroccan Carrots
Spinach Tomato Orzo
Orange Juice
Oatmeal Raisin Cookie & Milk
[Veg: Eggplant Stew]

30**CHICKEN BANH MI**

SANDWICH
Carrot Soup
Tropical Fruit Cup
Milk
[Veg: Mushroom Bean Banh Mi]

31**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