



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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				ROAST SALMON TACOS W/ 1 CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe, Milk [Veg: Roasted Tofu Tacos]
BEEF W/ BEAN TACOS W/ 4 TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit; Milk [Veg: Soy Black Bean Tacos]	SESAME CHICKEN 5 Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp; Milk [Veg: Sesame Tofu]	LEMON HERB CHICKEN 6 Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange; Milk [Veg: Vegetarian Lemon Herb]	BEEF MEATBALL W/ 7 MARINARA French Bistro Salad Spaghetti Pineapple Cup; Milk [Veg: Soy Bolognese]	CHICKEN TARRAGON 8 SANDWICH Tomato Basil Soup Orange Juice Cantaloupe; Milk [Veg: Hummus Sandwich] 
CHICKEN KEBAB 11 Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Eggplant Stew]	CHICKEN BANH MI 12 SANDWICH Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi]	CHICKEN SHAWARMA 13 Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma]	TUSCAN SALMON 14 Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup & Milk [Veg: Tuscan Tofu]	CHEESEBURGER 15 Rosemary Roasted Potatoes Cantaloupe Milk [Veg: Black Bean Burger] 
GROUND BEEF PITA 18 SANDWICH Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ganoush]	MANGO CHUTNEY CHICKEN 19 SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich]	BEEF MEATLOAF 20 Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf]	CILANTRO LIME CHICKEN 21 Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie & Milk [Veg: Persian Eggplant]	CHICKEN MARSALA 22 Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk [Veg: Herb Breaded Tofu]
MEXICAN BEEF LASAGNA 25 Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna]	GREEK TURKEY BURGER W/ 26 TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger]	CHIPOTLE CHICKEN 27 SANDWICH Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty]	COCONUT SHRIMP 28 W/ MANGO SAUCE Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo]	SALISBURY BEEF STEAK 29 Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange; Milk [Veg: Vegetarian Salisbury]



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.