


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25	CHICKEN BANH MI SANDWICH 1 Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi]	CHICKEN SHAWARMA 2 Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma]	CHEESEBURGER 3 Rosemary Roasted Potatoes Cantaloupe Milk [Veg: Black Bean Burger]	 CLOSED FOR INDEPENDENCE DAY OBSERVANCE
GROUND BEEF PITA SANDWICH 7 Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ganoush]	MANGO CHUTNEY CHICKEN SANDWICH 8 Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich]	BEEF MEATLOAF 9 Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf]	CILANTRO LIME CHICKEN 10 Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie & Milk [Veg: Persian Eggplant]	CHICKEN MARSALA 11 Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk [Veg: Herb Breaded Tofu]
MEXICAN BEEF LASAGNA 14 Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna]	GREEK TURKEY BURGER W/ TZATZIKI SAUCE 15 Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger]	CHIPOTLE CHICKEN SANDWICH 16 Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty]	COCONUT SHRIMP W/ MANGO SAUCE 17 Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo]	SALISBURY BEEF STEAK 18 Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange; Milk [Veg: Vegetarian Salisbury]
BEEF CHILI 21 Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili]	CHICKEN WALDORF CROISSANT 22 Cream of Broccoli Soup Cinnamon Baked Apple Milk [Veg: Tofu Waldorf Croissant]	ITALIAN BEEF MEATBALL SUB SANDWICH 23 Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub]	CHICKEN PRIMAVERE PASTA 24 Garden Salad Pineapple Cup Milk [Veg: Chickpea Primavera]	LEMON CAPER CHICKEN 25 Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake; Milk [Veg: Spinach Wellington]
CHICKEN FAJITA W/ LIME SALSA 28 Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu]	BEEF BOURGUIGNON 29 Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie; Milk [Veg: Lentil Bourguignon]	CHICKEN CACCIATORE 30 Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple; Milk [Veg: Eggplant Parmesan]	CHICKEN POT PIE 31 Ranch Salad Tropical Fruit Milk [Veg: Vegetarian Pot Pie]	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