





October 2025 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

Age Well
Orange County's partner in aging
CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25 RSVP in person at Lakeview Senior Center or call 949-919-2817 . Reservations are required & must be made by 10am 2 business days prior to reservation date. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories				
		CHICKEN MARSALA 3 Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk [Veg: Herb Breaded Tofu]	CILANTRO LIME CHICKEN 2 Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie & Milk [Veg: Persian Eggplant]	BEEF MEATLOAF 1 Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf] 
MEXICAN BEEF LASAGNA 6 Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna]	GREEK TURKEY BURGER W/ TZATSIKI SAUCE 7 Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger]	CHIPOTLE CHICKEN SANDWICH 8 Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty]	COCONUT SHRIMP W/ MANGO SAUCE 9 Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo]	SALISBURY BEEF STEAK 10 Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange; Milk [Veg: Vegetarian Salisbury]
CHICKEN PASTA PRIMAVERA 13 Garden Salad Pineapple cup Milk [Veg: Chickpea Pasta Primavera]	ITALIAN BEEF MEATBALL SUB SANDWICH 14 Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub]	BEEF CHILI 15 Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili]	CHICKEN WALDORF CROISSANT 16 Cream of Broccoli Soup Cinnamon Baked Apple Milk [Veg: Tofu Waldorf Croissant]	LEMON CAPER CHICKEN 17 Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake; Milk [Veg: Spinach Wellington]
CHICKEN FAJITA W/ LIME SALSA 20 Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu]	BEEF BOURGUIGNON 21 Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie; Milk [Veg: Lentil Bourguignon]	CHICKEN CACCIATORE 22 Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple; Milk [Veg: Eggplant Parmesan]	CHICKEN POT PIE 23 Ranch Salad Tropical Fruit Milk [Veg: Vegetarian Pot Pie]	ROAST SALMON TACOS W/ CHIMICHURRI SLAW 24 Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe, Milk [Veg: Roasted Tofu Tacos]
SESAME CHICKEN 27 Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp; Milk [Veg: Sesame Tofu]	BEEF W/ BEAN TACOS W/ TOMATILLO SLAW 28 Corn Salad Spanish Rice Tropical Fruit; Milk [Veg: Soy Black Bean Tacos]	LEMON HERB CHICKEN 29 Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange; Milk [Veg: Vegetarian Lemon Herb]	CHICKEN TARRAGON SANDWICH 30 Tomato Basil Soup Orange Juice Cantaloupe; Milk [Veg: Hummus Sandwich]	BEEF MEATBALL W/ MARINARA 31 French Bistro Salad Spaghetti Pineapple Cup; Milk [Veg: Soy Bolognese] 



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.