

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| CLOSED Labor Day Observance  | CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk [Veg: Tofu Waldorf Croissant] | BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili] | LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake; Milk [Veg: Spinach Wellington] | ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub] |
| CHICKEN FAJITA W/ LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu] | CHICKEN POT PIE Ranch Salad Tropical Fruit Milk [Veg: Vegetarian Pot Pie] | CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple; Milk [Veg: Eggplant Parmesan] | BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie; Milk [Veg: Lentil Bourguignon] | ROAST SALMON TACOS W/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe; Milk [Veg: Roasted Tofu Tacos] |
| BEEF W/ BEAN TACOS W/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit; Milk [Veg: Soy Black Bean Tacos] | SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp; Milk [Veg: Sesame Tofu] | LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange; Milk [Veg: Vegetarian Lemon Herb] | BEEF MEATBALL W/ MARINARA French Bistro Salad Spaghetti Pineapple Cup; Milk [Veg: Soy Bolognaise] | CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe; Milk [Veg: Hummus Sandwich] |
| CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Eggplant Stew] | CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi] | CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma] | TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup & Milk [Veg: Tuscan Tofu] | CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk [Veg: Black Bean Burger] |
| GROUND BEEF PITA SANDWICH Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ghanoush] | MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich] | | SUGGESTED CONTRIBUTION - 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 | 60 YRS OR OLDER: \$4.00 |



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.