



Irvine

November 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
CHICKEN KEBAB 3 Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Eggplant Stew]	CHICKEN BANH MI SANDWICH 4 Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi]	CHICKEN SHAWARMA 5 Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma]	TUSCAN SALMON 6 Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup & Milk [Veg: Tuscan Tofu]	CHEESEBURGER 7 Rosemary Roasted Potatoes Cantaloupe Milk  [Veg: Black Bean Burger]
BEEF MEATLOAF 10 Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf]	CLOSED  11	CILANTRO LIME CHICKEN 12 Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie & Milk [Veg: Persian Eggplant]	GROUND BEEF PITA SANDWICH 13 Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ghanoush]	CHICKEN MARSALA 14 Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk [Veg: Herb Breaded Tofu]
MEXICAN BEEF LASAGNA 17 Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna]	GREEK TURKEY BURGER W/ TZATZIKI SAUCE 18 Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger]	CHIPOTLE CHICKEN SANDWICH 19 Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty]	COCONUT SHRIMP W/ MANGO SAUCE 20 Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo]	ROAST TURKEY w/ CRANBERRY SAUCE 21 Garlic Mashed Potatoes & Gravy Corn Bread Stuffing, Green Beans, Pumpkin Pie; Milk [Veg: Vegetarian Salisbury]
BEEF CHILI 24 Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili]	ITALIAN BEEF MEATBALL SUB SANDWICH 25 Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub]	CHICKEN WALDORF CROISSANT 26 Cream of Broccoli Soup Cinnamon Baked Apples Milk [Veg: Tofu Waldorf Croissant]	CLOSED  27	CLOSED  28
			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	



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. Depart. 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.