

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

CLOSED

Happy New Year

2026

GREEK TURKEY BURGER 2
 w/ Tzatziki Sauce
 Greek Salad
 Cantaloupe, Milk
 [Veg: Greek Quinoa Black Bean Burger]

BBQ Pulled CHICKEN SANDWICH 5
 Lettuce, Relish
Coleslaw, Broccoli
 Applesauce; Milk
 [Veg: BBQ Seitan Sandwich]

THAI CHICKEN CURRY 6
 Carrots, Peas, Green Beans, Spinach
 Steamed Brown Rice
 Orange Juice; Milk
 [Veg: Tahi Tofu Curry]

BEEF BOLOGNESE 7
 Whole Wheat Penne Pasta
 Caesar Salad, Tomato, Cucumber
 Pineapple; Milk
 [Veg: Soy "Bolognese"]

TURKEY & CHEDDAR SANDWICH 8
 Lettuce, Wheat Bread
 Tomato Basil Soup, Oatmeal
 Cookie, Orange Juice; Milk
 [Veg: Harissa Chickpea Sandwich]

BREADED FISH STICK 9
 Tartar sauce
 Potato Salad
 Peas, Carrots, Dinner Roll
 Watermelon; Milk
 [Veg: Stuffed Zucchini]

PERSIAN CHICKEN 12
 Green Bean, Spinach- Tomato Stew
 Shirazi Salad, Basmati Rice, Garlic Yogurt
 Tropical Fruit & Milk
 [Veg: Eggplant Stew]

SALISBURY BEEF STEAK 13
 Mushroom Sauce
 Garlic Mashed Potatoes, Spinach
 Wheat Roll
 Tangerine; Milk
 [Veg: Vegetarian Salisbury]

SWEET & SOUR MEATBALLS 14
 Onion, Bell Pepper, Cabbage, Peas
 Steamed Brown Rice
 Pineapple; Milk
 [Veg: Sweet & Sour Tofu]

SALMON PICCATA 15
 Lemon Caper Sauce
 Herbed Tomato & Zucchini
 Whole Wheat Pesto Penne
 Banana & Milk
 [Veg: Cauliflower & Bean Piccata]

BEEF & BEAN CHILI 16
 Corn Bread
 Southern Garden Salad,
 Ranchero Dressing
 Cantaloupe, Milk
 [Veg: Bean Chili]



CHICKEN TENDERS 20
 Ranch Slaw
 Sweet Potato Mash
 Dinner Roll
 Orange Juice, Milk
 [Veg: Vegetarian "Chicken" Tenders]

GREEK CHICKEN SOUVLAKI 21
 Greek Salad
 Rice Pilaf, Tzatziki, Wheat Pita
 Mandarin Cup, Milk
 [Veg: Tofu Souvlaki]

SOUP & SANDWICH 22
 ½ Tuna Sandwich
 Chicken & Rice Soup
 Coleslaw
 Tropical Fruit, Milk
 [Veg: Soup & Sandwich]

BEEF MEATLOAF 23
 Garlic Mashed Potatoes
 Sauté Corn & Green Beans
 Wheat Roll
 Apple Sauce & Milk
 [Veg: Lentil Loaf]

PENNE & MEATBALLS 26
 Italian Zucchini, Tomato Sauce
 Garden Salad, Italian Dressing
 Pears; Milk
 [Veg: Penne & Eggplant Meatballs]

TURKEY BURGER 27
 Onion, BBQ Mayo, Wheat Bun
 Thyme Marinated Cauliflower
 Orange Juice, Milk
 [Veg: BBQ Veggie Burger]

TERIYAKI CHICKEN 28
 Ginger Carrots, Cabbage, Broccoli
 Steamed Brown Rice
 Pineapple; Milk
 [Veg: Teriyaki Tofu]

CHICKEN VERA CRUZ 29
 Tomato, Caper, Olive Stew
 Pinto Beans, Mexican Rice
 Corn Tortilla
 Honeydew; Milk
 [Veg: Tofu Vera Cruz]

BBQ BEEF SLOPPY JOE 30
 Wheat Bun
 Three Bean & Romaine Salad
 Waffle Fries
 Tropical Fruit; Milk
 [Veg: Soy Protein & Bean Sloppy Joe]