



# January 2026 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

**Age Well**<sup>®</sup>  
Orange County's partner in aging  
CHRIS HERNANDEZ RDN

| MONDAY                                                                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                             | WEDNESDAY                                                                                                                                      | THURSDAY                                                                                                                                                    | FRIDAY                                                                                                                                                   |
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| <b>SUGGESTED CONTRIBUTION</b><br><b>COST - 59 YEARS OR YOUNGER: \$6.25</b><br>RSVP in person at Lakeview Senior Center or call 949-919-2817.<br>Reservations are required & must be made by 10am 2 business days prior to reservation date.<br>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories | <b>60 YRS OR OLDER: \$4.00</b>                                                                                                                      |                                                                                                                                                | <b>CLOSED</b><br>                                                                                                                                           | <b>GREEK TURKEY BURGER</b> 2<br>w/ Tzatziki Sauce<br>Greek Salad<br>Cantaloupe, Milk<br>[Veg: Greek Quinoa Black Bean Burger]                            |
| <b>BBQ Pulled CHICKEN SANDWICH</b><br>Lettuce, Relish<br><b>Coleslaw, Broccoli</b><br>Applesauce; Milk<br>[Veg: BBQ Seitan Sandwich]                                                                                                                                                                                                                                             | <b>5 THAI CHICKEN CURRY</b><br>Carrots, Peas, Green Beans, Spinach<br>Steamed Brown Rice<br>Orange Juice; Milk<br>[Veg: Tahi Tofu Curry]            | <b>6 BEEF BOLOGNESE</b><br>Whole Wheat Penne Pasta<br>Caesar Salad, Tomato, Cucumber<br>Pineapple; Milk<br>[Veg: Soy "Bolognese"]              | <b>7 TURKEY &amp; CHEDDAR SANDWICH</b><br>Lettuce, Wheat Bread<br>Tomato Basil Soup, Oatmeal Cookie, Orange Juice; Milk<br>[Veg: Harissa Chickpea Sandwich] | <b>8 BREADED FISH STICK</b> 9<br>Tartar sauce<br>Potato Salad<br>Peas, Carrots, Dinner Roll<br>Watermelon; Milk<br>[Veg: Stuffed Zucchini]               |
| <b>PERSIAN CHICKEN</b><br>Green Bean, Spinach- Tomato Stew<br>Shirazi Salad, Basmati Rice, Garlic Yogurt<br>Tropical Fruit & Milk<br>[Veg: Eggplant Stew]                                                                                                                                                                                                                        | <b>12 SALISBURY BEEF STEAK</b><br>Mushroom Sauce<br>Garlic Mashed Potatoes, Spinach<br>Wheat Roll<br>Tangerine; Milk<br>[Veg: Vegetarian Salisbury] | <b>13 SWEET &amp; SOUR MEATBALLS</b><br>Onion, Bell Pepper, Cabbage, Peas<br>Steamed Brown Rice<br>Pineapple; Milk<br>[Veg: Sweet & Sour Tofu] | <b>14 SALMON PICCATA</b><br>Lemon Caper Sauce<br>Herbed Tomato & Zucchini<br>Whole Wheat Pesto Penne<br>Banana & Milk<br>[Veg: Cauliflower & Bean Piccata]  | <b>15 BEEF &amp; BEAN CHILI</b> 16<br>Corn Bread<br>Southern Garden Salad, Ranchero Dressing<br>Cantaloupe, Milk<br>[Veg: Bean Chili]                    |
|                                                                                                                                                                                                                                                                                                                                                                                  | <b>CHICKEN TENDERS</b><br>Ranch Slaw<br>Sweet Potato Mash<br>Dinner Roll<br>Orange Juice, Milk<br>[Veg: Vegetarian "Chicken" Tenders]               | <b>20 GREEK CHICKEN SOUVLAKI</b><br>Greek Salad<br>Rice Pilaf, Tzatziki, Wheat Pita<br>Mandarin Cup, Milk<br>[Veg: Tofu Souvlaki]              | <b>21 SOUP &amp; SANDWICH</b><br>½ Tuna Sandwich<br>Chicken & Rice Soup<br>Coleslaw<br>Tropical Fruit, Milk<br>[Veg: Soup & Sandwich]                       | <b>22 BEEF MEATLOAF</b> 23<br>Garlic Mashed Potatoes<br>Sauté Corn & Green Beans<br>Wheat Roll<br>Apple Sauce & Milk<br>[Veg: Lentil Loaf]               |
| <b>PENNE &amp; MEATBALLS</b> 26<br>Italian Zucchini, Tomato Sauce<br>Garden Salad, Italian Dressing<br>Pears; Milk<br>[Veg: Penne & Eggplant Meatballs]                                                                                                                                                                                                                          | <b>27 TURKEY BURGER</b><br>Onion, BBQ Mayo, Wheat Bun<br>Thyme Marinated Cauliflower<br>Orange Juice, Milk<br>[Veg: BBQ Veggie Burger]              | <b>28 TERIYAKI CHICKEN</b><br>Ginger Carrots, Cabbage, Broccoli<br>Steamed Brown Rice<br>Pineapple; Milk<br>[Veg: Teriyaki Tofu]               | <b>29 CHICKEN VERA CRUZ</b><br>Tomato, Caper, Olive Stew<br>Pinto Beans, Mexican Rice<br>Corn Tortilla<br>Honeydew; Milk<br>[Veg: Tofu Vera Cruz]           | <b>30 BBQ BEEF SLOPPY JOE</b><br>Wheat Bun<br>Three Bean & Romaine Salad<br>Waffle Fries<br>Tropical Fruit; Milk<br>[Veg: Soy Protein & Bean Sloppy Joe] |

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.



Meal contains sodium over 1000mg