


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN SHAWARMA SANDWICH 2 Hummus, Preserved Lemon Yogurt, Wheat Pita Bread, Minted Carrots, Bulger Wheat Tabouleh Applesauce; Milk [Veg: Falafel Pita Sandwich]	HAWAIIAN LOCO MOCO 3 Beef Patty, Scrambled Egg, Mushroom & Onion Gray Sesame Green Beans, Steamed Brown Rice Tangerine; Milk [Veg: Tofu Loco Moco]	½ PESTO CHICKEN PIZZA 4 Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]	CHICKEN FAJITA 5 Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Banana; Milk [Veg: Tofu Fajita Taco]	TURKEY CHILI 6 Cheddar Cheese Texas Corn & Bean Salad Multi-Grain Texas Toast Watermelon, Milk [Veg: Red Bean Chili]
GROUND BEEF STROGANOFF 9 Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Tropical Fruit; Milk [Veg: Baked Eggplant Parm]	CHEESEBURGER 10 Lettuce, Wheat Bun Cucumber- Red Onion Salad Mandarin Cup; Milk [Veg: Black Bean Burger]	MARINATED SHRIMP SALAD 11 Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]	CHICKEN CACCIATORE 12 Bell Pepper, Onion, Mushroom Tomato Sauce Soft Parmesan Polenta Cream of Vegetable Soup Orange Juice; Milk [Veg: Eggplant & Lentil Involtini]	PORK CARNITAS TACO 13 Pinto Beans, Tomato-Corn Rice Cabbage Slaw, Tomato Vinaigrette Flour Tortillas Peach; Milk [Veg: Gardein Taco]
CLOSED 16 	BBQ CHICKEN SANDWICH 17 Lettuce, Relish Coleslaw, Broccoli Applesauce; Milk [Veg: BBQ Seitan Sandwich]	THAI CHICKEN CURRY 18 Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Orange Juice; Milk [Veg: Thai Tofu Curry]	TURKEY & SWISS SANDWICH 19 Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]	BREADED FISH STICK 20 Tartar sauce Potato Salad Peas, Carrots, Dinner Roll Watermelon; Milk [Veg: Stuffed Zucchini]
PERSIAN CHICKEN 23 Green Bean, Basmati Rice, Spinach- Tomato Stew Shirazi Salad, Garlic Yogurt Tropical Fruit & Milk [Veg: Eggplant Stew]	SALISBURY BEEF STEAK 24 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]	SWEET & SOUR MEATBALLS 25 Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]	SALMON PICCATA 26 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata]	BEEF & BEAN CHILI 27 Corn Bread Southern Garden Salad, Ranchero Dressing Cantaloupe, Milk [Veg: Bean Chili]
			SUGGESTED CONTRIBUTION – 60YRS 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	