



Irvine

February 2026 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 SHAWARMA SANDWICH Hummus, Preserved Lemon Yogurt, Wheat Pita Bread, Minted Carrots, Bulger Wheat Tabouleh Applesauce; Milk [Veg: Falafel Pita Sandwich]	2 HAWAIIAN LOCO MOCO Beef Patty, Scrambled Egg, Mushroom & Onion Gray Sesame Green Beans, Steamed Brown Rice Tangerine; Milk [Veg: Tofu Loco Moco]	3 ½ PESTO CHICKEN PIZZA Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]	4 CHICKEN FAJITA Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Banana; Milk [Veg: Tofu Fajita Taco]	5 TURKEY CHILI Cheddar Cheese Texas Corn & Bean Salad Multi-Grain Texas Toast Watermelon, Milk [Veg: Red Bean Chili]
GROUND BEEF STROGANOFF Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Tropical Fruit; Milk [Veg: Baked Eggplant Parm]	9 CHEESEBURGER Lettuce, Wheat Bun Cucumber- Red Onion Salad Mandarin Cup; Milk [Veg: Black Bean Burger]	10 MARINATED SHRIMP SALAD Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]	11 CHICKEN CACCIATORE Bell Pepper, Onion, Mushroom Tomato Sauce Soft Parmesan Polenta Cream of Vegetable Soup Orange Juice; Milk [Veg: Eggplant & Lentil Involtini]	12 PORK CARNITAS TACO Pinto Beans, Tomato-Corn Rice Cabbage Slaw, Tomato Vinaigrette Flour Tortillas Peach; Milk [Veg: Gardein Taco]
CLOSED  PRESIDENT'S DAY	16 BBQ CHICKEN SANDWICH Lettuce, Relish Coleslaw, Broccoli Applesauce; Milk [Veg: BBQ Seitan Sandwich]	17 THAI CHICKEN CURRY Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Orange Juice; Milk [Veg: Thai Tofu Curry]	18 TURKEY & SWISS SANDWICH Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]	19 BREADED FISH STICK Tartar sauce Potato Salad Peas, Carrots, Dinner Roll Watermelon; Milk [Veg: Stuffed Zucchini]
PERSIAN CHICKEN Green Bean, Basmati Rice, Spinach- Tomato Stew Shirazi Salad, Garlic Yogurt Tropical Fruit & Milk [Veg: Eggplant Stew]	23 SALISBURY BEEF STEAK Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]	24 SWEET & SOUR MEATBALLS Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]	25 SALMON PICCATA Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata]	26 BEEF & BEAN CHILI Corn Bread Southern Garden Salad, Ranchero Dressing Cantaloupe, Milk [Veg: Bean Chili]
			SUGGESTED CONTRIBUTION COST – 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	

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