



Irvine




May 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
<p>SUGGESTED CONTRIBUTION – 60YRS OR OLDER: \$4.00 COST – 59YEARS 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</p>				
<p>GROUND BEEF STROGANOFF 4 Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Tropical Fruit Milk [Veg: Baked Eggplant Parm]</p>	<p>CHEESEBURGER 5 Lettuce, Wheat Bun Cucumber- Red Onion Salad Mandarin Cup Milk [Veg: Black Bean Burger]</p> 	<p>MARINATED SHRIMP SALAD 6 Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]</p>	<p>CHICKEN CACCIATORE 7 Bell Pepper, Onion, Mushroom Tomato Sauce Soft Parmesan Polenta Cream of Vegetable Soup Orange Juice; Milk [Veg: Eggplant & Lentil Involtni]</p>	<p>TURKEY CHILI 1 Cheddar Cheese Texas Corn & Bean Salad Multi-Grain Texas Toast Watermelon, Milk [Veg: Red Bean Chili]</p>
<p>BBQ CHICKEN SANDWICH 11 Lettuce, Relish Coleslaw, Broccoli Applesauce Milk [Veg: BBQ Seitan Sandwich]</p>	<p>THAI CHICKEN CURRY 12 Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Orange Juice; Milk [Veg: Thai Tofu Curry]</p>	<p>BEEF BOLOGNESE 13 Whole Wheat Penne Pasta Caesar Salad, Tomato, Cucumber Pineapple; Milk [Veg: Soy "Bolognese"]</p>	<p>TOMATO SOUP & ½ TURKEY 14 SANDWICH Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]</p>	<p>BAKED LEMON DILL SALMON 8 Carrots, Green Beans Wheat Roll Pineapple & Carrot Muffin Banana; Milk [Veg: Tofu Taco]</p> 
<p>PERSIAN CHICKEN 18 Green Bean, Basmati Rice, Spinach- Tomato Stew Shirazi Salad, Garlic Yogurt Tropical Fruit & Milk [Veg: Eggplant Stew]</p>	<p>SALISBURY BEEF STEAK 19 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]</p>	<p>SWEET & SOUR MEATBALLS 20 Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]</p>	<p>SALMON PICCATA 21 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata]</p>	<p>BREADED FISH STICK 15 Tartar sauce, Potato Salad Peas, Carrots, Broccoli Dinner Roll Watermelon; Milk [Veg: Stuffed Zucchini]</p>
<p>PERSIAN CHICKEN 18 Green Bean, Basmati Rice, Spinach- Tomato Stew Shirazi Salad, Garlic Yogurt Tropical Fruit & Milk [Veg: Eggplant Stew]</p>	<p>SALISBURY BEEF STEAK 19 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]</p>	<p>SWEET & SOUR MEATBALLS 20 Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]</p>	<p>SALMON PICCATA 21 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata]</p>	<p>BEEF & BEAN CHILI 22 Corn Bread Southern Garden Salad, Ranchero Dressing Cantaloupe, Milk [Veg: Bean Chili]</p>
<p>CLOSED</p>  <p>MEMORIAL DAY HONORING ALL WHO SERVED</p>	<p>CHICKEN TENDERS 26 Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Milk [Veg: Vegetarian "Chicken" Tenders]</p>	<p>GREEK CHICKEN SOUVLAKI 27 Greek Salad Rice Pilaf, Tzatziki Wheat Pita Mandarin Cup Milk [Veg: Tofu Souvlaki]</p>	<p>SOUP & SANDWICH 28 ½ Tuna Sandwich Chicken & Rice Soup Coleslaw Tropical Fruit, Milk [Veg: Soup & Sandwich]</p>	<p>BEEF MEATLOAF 29 Garlic Mashed Potatoes Sauté Corn & Green Beans Wheat Roll Apple Sauce & Milk [Veg: Lentil Loaf]</p>

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. Department 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.