




JUNE 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	
PENNE & MEATBALLS 1 Italian Zucchini, Tomato Sauce Garden Salad, Italian Dressing Pears; Milk [Veg: Penne & Eggplant Meatballs]	TURKEY BURGER 2 Onion, BBQ Mayo, Wheat Bun Thyme Marinated Cauliflower Orange Juice, Milk [Veg: BBQ Veggie Burger]	TERIYAKI CHICKEN 3 Ginger Carrots, Cabbage, Broccoli Steamed Brown Rice Pineapple; Milk Pound Cake [Veg: Teriyaki Tofu]	CHICKEN VERA CRUZ 4 Tomato, Caper, Olive Stew, Pinto Beans, Mexican Rice, Flour Tortilla Honeydew; Milk [Veg: Tofu Vera Cruz]	BBQ BEEF SLOPPY JOE 5 Wheat Bun Three Bean & Romaine Salad Waffle Fries Tropical Fruit; Milk [Veg: Soy Protein & Bean Sloppy Joe]					
CHICKEN SHAWARMA SANDWICH 8 Hummus, Preserved Lemon Yogurt Wheat Pita Bread, Minted Carrots, Bulger Wheat Tabouleh Applesauce; Milk [Veg: Falafel Pita Sandwich]	HAWAIIAN LOCO MOCO 9 Beef Patty, Scrambled Egg, Mushroom & Onion Gravy Sesame Green Beans, Steamed Brown Rice Tangerine; Milk [Veg: Tofu Loco Moco]	½ PESTO CHICKEN PIZZA 10 Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]	CHICKEN FAJITA 11 Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Banana; Milk [Veg: Tofu Fajita Taco]	TURKEY CHILI 12 Cheddar Cheese Texas Corn & Bean Salad Multi-Grain Texas Toast Watermelon, Milk [Veg: Red Bean Chili]					
GROUND BEEF STROGANOFF 15 Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Tropical Fruit; Milk [Veg: Baked Eggplant Parm]	CHICKEN CACCIATORE 16 Bell Pepper, Onion, Mushroom Tomato Sauce Soft Parmesan Polenta Cream of Vegetable Soup Orange Juice; Milk [Veg: Eggplant & Lentil Involtni]	MARINATED SHRIMP SALAD 17 Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]	CHEESEBURGER 18 Lettuce, Wheat Bun Cucumber-Red Onion Salad Mandarin Cup Milk [Veg: Black Bean Burger]	CLOSED 					
BBQ CHICKEN SANDWICH 22 Lettuce, Relish Coleslaw, Broccoli Applesauce; Milk [Veg: BBQ Seitan Sandwich]	THAI CHICKEN CURRY 23 Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Orange Juice; Milk [Veg: Thai Tofu Curry]	BEEF BOLOGNESE 24 Whole Wheat Penne Pasta Caesar Salad, Tomato, Cucumber Pineapple; Milk [Veg: Soy "Bolognese"]	TOMATO SOUP & ½ TURKEY SANDWICH 25 Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]	BREADED FISH STICK 26 Tartar sauce, Potato Salad Peas, Carrots, Broccoli Dinner Roll Watermelon; Milk [Veg: Stuffed Zucchini]					
PERSIAN CHICKEN 29 Green Bean, Basmati Rice, Spinach- Tomato Stew Shirazi Salad, Garlic Yogurt Tropical Fruit & Milk [Veg: Eggplant Stew]	SALISBURY BEEF STEAK 30 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]		SUGGESTED CONTRIBUTION – 60YRS OR OLDER: \$4.00 COST – 59YEARS OR YOUNGER: \$6.25 Rsvp in person at Lakeview Senior Center or Text/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						

 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.