


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 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</p>		<p>SWEET & SOUR MEATBALLS 1 Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]</p>	<p>SALMON PICCATA 2 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata]</p>	 <p>CLOSED FOR INDEPENDENCE DAY OBSERVANCE</p>
<p>CHICKEN TENDERS 6 Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Milk [Veg: Vegetarian "Chicken" Tenders]</p>	<p>GREEK CHICKEN SOUVLAKI 7 Greek Salad Rice Pilaf, Tzatziki, Wheat Pita Mandarin Cup, Milk [Veg: Tofu Souvlaki]</p>	<p>½ TUNA SANDWICH & SOUP 8 Chicken & Rice Soup Coleslaw Tropical Fruit, Milk [Veg: Soup & Sandwich]</p>	<p>BEEF MEATLOAF 9 Garlic Mashed Potatoes Sauté Corn & Green Beans Wheat Roll Apple Sauce & Milk [Veg: Lentil Loaf]</p>	<p>GROUND BEEF TACO 10 Flour Tortilla, Salsa Roja Corn- Spanish Rice Oregano Squash Peaches, Milk [Veg: Soy & Black Bean Taco]</p>
<p>PENNE & MEATBALLS 13 Italian Zucchini, Tomato Sauce Garden Salad, Italian Dressing Pears; Milk [Veg: Penne & Eggplant Meatballs]</p>	<p>TURKEY BURGER 14 Onion, BBQ Mayo, Wheat Bun Thyme Marinated Cauliflower Orange, Milk [Veg: BBQ Veggie Burger]</p>	<p>TERIYAKI CHICKEN 15 Ginger Carrots, Cabbage, Broccoli Steamed Brown Rice Pineapple; Milk Pound Cake [Veg: Teriyaki Tofu]</p>	<p>CHICKEN VERA CRUZ 16 Tomato, Caper, Olive Stew Pinto Beans, Mexican Rice, Flour Tortilla Honeydew; Milk [Veg: Tofu Vera Cruz]</p>	<p>BBQ BEEF SLOPPY JOE 17 Wheat Bun Three Bean & Romaine Salad Waffle Fries Tropical Fruit; Milk [Veg: Soy Protein & Bean Sloppy Joe]</p>
<p>CHICKEN SHAWARMA SANDWICH 20 Hummus, Preserved Lemon Yogurt, Wheat Pita Bread, Minted Carrots, Bulger Wheat Tabouleh Applesauce; Milk [Veg: Falafel Pita Sandwich]</p>	<p>HAWAIIAN LOCO MOCO 21 Beef Patty, Scrambled Egg, Mushroom & Onion Gravy Sesame Green Beans, Steamed Brown Rice Tangerine; Milk [Veg: Tofu Loco Moco]</p>	<p>½ PESTO CHICKEN PIZZA 22 Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]</p>	<p>CHICKEN FAJITA 23 Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Banana; Milk [Veg: Tofu Fajita Taco]</p>	<p>TURKEY CHILI 24 Cheddar Cheese Texas Corn & Bean Salad Multi-Grain Texas Toast Watermelon, Milk [Veg: Red Bean Chili]</p>
<p>GROUND BEEF STROGANOFF 27 Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Tropical Fruit; Milk [Veg: Baked Eggplant Parm]</p>	<p>CHEESEBURGER 28 Lettuce, Wheat Bun Cucumber- Red Onion Salad Mandarin Cup; Milk [Veg: Black Bean Burger]</p>	<p>MARINATED SHRIMP SALAD 29 Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]</p>	<p>CHICKEN CACCIATORE 30 Bell Pepper, Onion, Mushroom Tomato Sauce Soft Parmesan Polenta Cream of Vegetable Soup Juice; Milk [Veg: Eggplant & Lentil Involtini]</p>	<p>PORK CARNITAS TACO 31 Pinto Beans, Tomato-Corn Rice Cabbage Slaw, Tomato Vinaigrette Flour Tortillas Peach; Milk [Veg: Tofu Taco]</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.