



Irvine

# September 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                                                                                                                                                  |
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|                                                                                                                                                                 | <b>HAWAIIAN LOCO MOCO 1</b><br>Beef Patty, Scrambled Egg,<br>Mushroom & Onion Gravy<br>Sesame Green Beans, Steamed<br>Brown Rice<br>Tangerine; Milk<br>[Veg: Tofu Loco Moco] | <b>½ PESTO CHICKEN PIZZA 2</b><br>Mushroom, Onion, Mozzarella,<br>Marinara Sauce<br>Potato- Corn Chowder<br>Orange Juice; Milk<br>[Veg: ½ Veg Pesto Pizza ]     | <b>CHICKEN FAJITA 3</b><br>Bell Pepper, Onion<br>Salsa, Cabbage Slaw<br>Cilantro Brown Rice<br>Banana; Milk<br>[Veg: Tofu Fajita Taco ]                                                                                                                                                                                                                                                                    | <b>TURKEY CHILI 4</b><br>Cheddar Cheese<br>Texas Corn & Bean Salad<br>Multi-Grain Texas Toast<br>Watermelon, Milk<br>[Veg: Red Bean Chili]              |
| <b>CLOSED</b> Labor Day Observance<br><br><b>HAPPY LABOR DAY</b>                | <b>GROUND BEEF STROGANOFF 8</b><br>Mushroom Cream<br>Steamed Broccoli<br>Buttered Parsley Noodles<br>Tropical Fruit; Milk<br>[Veg: Baked Eggplant Parm]                      | <b>CHEESEBURGER 9</b><br>Lettuce, Wheat Bun<br>Cucumber- Red Onion Salad<br>Mandarin Cup; Milk<br>[Veg: Black Bean Burger]                                      | <b>MARINATED SHRIMP SALAD 10</b><br>Romaine, Egg, Tomato, Potato,<br>Broccoli, Red Onion, Green Bean,<br>Louis Dressing<br>Wheat Roll<br>Cantaloupe; Milk<br>[Veg: Chickpea Curry Sandwich]                                                                                                                                                                                                                | <b>PORK CARNITAS TACO 11</b><br>Pinto Beans, Tomato-Corn Rice<br>Cabbage Slaw, Tomato Vinaigrette<br>Flour Tortillas<br>Peach; Milk<br>[Veg: Tofu Taco] |
| <b>BBQ CHICKEN SANDWICH 14</b><br>Lettuce, Relish<br>Coleslaw, Broccoli<br>Applesauce; Milk<br>[Veg: BBQ Seitan Sandwich]                                       | <b>THAI CHICKEN CURRY 15</b><br>Carrots, Peas, Green Beans,<br>Spinach<br>Steamed Brown Rice<br>Orange Juice; Milk<br>[Veg: Thai Tofu Curry]                                 | <b>BEEF BOLOGNESE 16</b><br>Whole Wheat Penne Pasta<br>Caesar Salad, Tomato,<br>Cucumber<br>Pineapple; Milk<br>[Veg: Soy “Bolognese”]                           | <b>TOMATO SOUP &amp; ½ TURKEY SANDWICH 17</b><br>Turkey, Lettuce, Wheat Bread<br>Tomato Basil Soup<br>Oatmeal Cookie<br>Orange Juice; Milk<br>[Veg: Harissa Chickpea Sandwich]                                                                                                                                                                                                                             | <b>BREADED FISH STICK 18</b><br>Tartar sauce, Potato Salad<br>Peas, Carrots, Broccoli<br>Dinner Roll<br>Watermelon; Milk<br>[Veg: Stuffed Zucchini]     |
| <b>PERSIAN CHICKEN 21</b><br>Green Bean, Basmati Rice,<br>Spinach- Tomato Stew<br>Shirazi Salad, Garlic Yogurt<br>Tropical Fruit & Milk<br>[Veg: Eggplant Stew] | <b>SALISBURY BEEF STEAK 22</b><br>Mushroom Sauce<br>Garlic Mashed Potatoes, Spinach<br>Wheat Roll<br>Tangerine; Milk<br>[Veg: Vegetarian Salisbury]                          | <b>SWEET &amp; SOUR MEATBALLS 23</b><br>Onion, Bell Pepper, Cabbage,<br>Peas, Pineapple<br>Steamed Brown Rice<br>Orange juice; Milk<br>[Veg: Sweet & Sour Tofu] | <b>SALMON PICCATA 24</b><br>Lemon Caper Sauce<br>Herbed Tomato & Zucchini<br>Whole Wheat Pesto Penne<br>Banana & Milk<br>[Veg: Cauliflower & Bean Piccata]                                                                                                                                                                                                                                                 | <b>BEEF &amp; BEAN CHILI 25</b><br>Corn Bread<br>Southern Garden Salad,<br>Ranchero Dressing<br>Cantaloupe, Milk<br>[Veg: Bean Chili]                   |
| <b>CHICKEN TENDERS 28</b><br>Ranch Slaw<br>Sweet Potato Mash<br>Dinner Roll<br>Orange Juice, Mik<br>[Veg: Veg “Chicken” Tenders]                                | <b>GREEK CHICKEN SOUVLAKI 29</b><br>Greek Salad<br>Rice Pilaf, Tzatziki, Wheat Pita<br>Mandarin Cup, Milk<br>[Veg: Tofu Souvlaki]                                            | <b>SOUP &amp; SANDWICH 30</b><br>½ Tuna Sandwich<br>Chicken & Rice Soup<br>Coleslaw<br>Tropical Fruit, Milk<br>[Veg: Veg Soup & Hummus Sandwich]                | <b>SUGGESTED CONTRIBUTION – 60YRS OR OLDER: \$4.00</b><br><b>COST – 59YEARS OR YOUNGER: \$6.25</b><br>Rsvp in person at Lakeview Senior Center or Text/Call 949-919-2817<br>Reservations are required & must be made by 10am 2 business days prior to reservation date.<br>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.