






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Eggplant Stew] 2	TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup & Milk [Veg: Tuscan Tofu] 3	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi] 4	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk [Veg: Black Bean Burger] 5	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma] 6
GROUND BEEF PITA SANDWICH Steamed Green Beans Couscous Salad & Pita Bread Pineapple Cup & Milk [Veg: Baba Ganoush] 9	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich] 10	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf] 11	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie & Milk [Veg: Persian Eggplant] 12	CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk [Veg: Herb Breaded Tofu] 13
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna] 16	GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger] 17	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty] 18	COCONUT SHRIMP w/ Mango Sauce Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo] 19	ROAST TURKEY W/ CRANBERRY SAUCE Broccoli Gratin Mashed Potatoes w/ Gravy Apple Cake & Milk [Stuffed Portabella Mushroom] 20
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili] 23	CLOSED  Christmas Day Observance 24	CLOSED  Christmas Day Observance 25	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub] 26	LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake; Milk [Veg: Spinach Wellington] 27
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu] 30	BEEF & BLACK BEAN BURRITO BOWL Tomato Salsa & Tortilla Chips Cilantro Lime Rice Cocoquito Cake; Milk [Veg: Black Bean Burrito Bowl] 31	SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25 Reservations are required & must be made by 10am 2 business days prior to reservation date. RSVP in person at Lakeview Senior Center or call 949-724-6916. 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.