


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CLOSED</b> Labor Day Observance</p>  <p><b>2</b></p>	<p><b>BBQ CHICKEN</b> Potato Salad Carrots w/ Parsley Orange Juice German Chocolate Cake; Milk [Veg: Quinoa Burger] <b>3</b></p>	<p><b>LEMON HERB CHICKEN</b> Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange; Milk [Veg: Veg Moroccan Lemon] <b>4</b></p>	<p><b>BEEF MEATBALLS w/MARINARA</b> French Bistro Salad Spaghetti Pineapple Cup; Milk [Veg: Soy Bolognese] <b>5</b></p>	<p><b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe; Milk [Veg: Hummus Sandwich] <b>6</b></p>
<p><b>CHICKEN KEBAB</b> Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie &amp; Milk [Veg: Eggplant Stew] <b>9</b></p>	<p><b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma] <b>10</b></p>	<p><b>TUSCAN SALMON</b> Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup &amp; Milk [Veg: Tuscan Tofu] <b>11</b></p>	<p><b>CHICKEN BANH MI SUB SANDWICH</b> Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi] <b>12</b></p>	<p><b>TERIYAKI BURGER</b> Pineapple Salsa Hawaiian Mac Salad Carrot Cake Milk [Veg: Teriyaki Blk Bean Burger] <b>13</b></p>
<p><b>GROUND BEEF PITA SANDWICH</b> Steamed Green Beans Couscous Salad &amp; Pita Bread Pineapple Cup; Milk [Veg: Baba Ganoush] <b>16</b></p>	<p><b>MANGO CHUTNEY CHICKEN SANDWICH</b> Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich] <b>17</b></p>	<p><b>BEEF MEATLOAF</b> Mashed Potatoes Sauté Peas &amp; Carrots Wheat Roll; Orange Apple Sauce &amp; Milk [Veg: Lentil Loaf] <b>18</b></p>	<p><b>CILANTRO LIME CHICKEN</b> Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie &amp; Milk [Veg: Persian Eggplant] <b>19</b></p>	<p><b>CHICKEN MARSALA</b> Rainbow Salad Tomato Rice over Bell Pepper Mandarin Cup Milk [Veg: Herb Breaded Tofu] <b>20</b></p>
<p><b>MEXICAN BEEF LASAGNA</b> Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna] <b>23</b></p>	<p><b>GREEK TURKEY BURGER w/TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk [Veg: Quinoa Bean Burger] <b>24</b></p>	<p><b>CHIPOTLE CHICKEN SANDWICH</b> Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty] <b>25</b></p>	<p><b>COCONUT SHRIMP w/ Mango Salsa</b> Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo] <b>26</b></p>	<p><b>SALISBURY BEEF STEAK</b> Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange; Milk [Veg: Vegetarian Salisbury] <b>27</b></p>
<p><b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili] <b>30</b></p>			<p><b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25</b></p> <p>Reservations are required &amp; must be made by 10am 2 business days prior to reservation date. RSVP in person at Lakeview Senior Center or call 949-724-6916.</p> <p>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</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.