



Irvine

December 2025 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
CHICKEN FAJITA W/ LIME SALSA 1 Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu]	BEEF BOURGUIGNON 2 Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie; Milk [Veg: Lentil Bourguignon]	CHICKEN CACCIATORE 3 Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple; Milk [Veg: Eggplant Parmesan]	CHICKEN POT PIE 4 Ranch Salad Tropical Fruit Milk [Veg: Vegetarian Pot Pie]	ROAST SALMON TACOS W/ CHIMICHURRI SLAW 5 Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe, Milk [Veg: Roasted Tofu Tacos]
BEEF W/ BEAN TACOS W/ TOMATILLO SLAW 8 Corn Salad Spanish Rice Tropical Fruit; Milk [Veg: Soy Black Bean Tacos]	SESAME CHICKEN 9 Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp; Milk [Veg: Sesame Tofu]	LEMON HERB CHICKEN 10 Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange; Milk [Veg: Vegetarian Lemon Herb]	BEEF MEATBALL W/ MARINARA 11 French Bistro Salad Spaghetti Pineapple Cup; Milk [Veg: Soy Bolognese]	CHICKEN TARRAGON SANDWICH 12 Tomato Basil Soup Orange Juice Cantaloupe; Milk [Veg: Hummus Sandwich]
CHICKEN KEBAB 15 Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Eggplant Stew]	CHICKEN BANH MI SANDWICH 16 Carrot Soup Tropical Fruit Cup Milk [Veg: Mushroom Bean Banh Mi]	CHICKEN SHAWARMA 17 Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma]	TUSCAN SALMON 18 Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup & Milk [Veg: Tuscan Tofu]	ROAST TURKEY w/ CRANBERRY SAUCE 19 Garlic Mashed Potatoes & Gravy Corn Bread Stuffing, Green Beans, Pumpkin Pie; Milk [Veg: Vegetarian Salisbury] 
MANGO CHUTNEY CHICKEN SANDWICH 22 Zucchini Apple Soup Orange Juice Cinnamon Baked Apple; Milk [Veg: Chickpea Sandwich]	CILANTRO LIME CHICKEN 23 Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie & Milk [Veg: Persian Eggplant]	CLOSED 		BEEF MEATLOAF 26 Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk [Veg: Lentil Loaf]
SALISBURY BEEF STEAK 29 Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange; Milk [Veg: Vegetarian Salisbury]	CHIPOTLE CHICKEN SANDWICH 30 Split Pea Soup Tropical Fruit Milk [Veg: Black Bean Patty]	COCONUT SHRIMP W/ MANGO SAUCE 31 Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo]	SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25 RSVP in person at Lakeview Senior Center or call / text 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.