



Irvine

May 2024 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

SUGGESTED CONTRIBUTION COST - 59 YEARS OR YOUNGER: \$6.25 Reservations are required & must be made by 10am 2 business days in 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	- 60 YRS OR OLDER: \$4.00	CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice & Milk [Veg: Spinach Potato Patty] 1	ROASTED CHICKEN SHAWARMA Mediterranean Salad Pita Bread & Orange Oatmeal Cookie & Milk [Veg: Tofu Shawarma] 2	BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla Seasonal Fruit & Milk [Veg: Soy Crumble Blk Bean] 3 
VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit & Milk [Veg: Vietnamese Braised Tofu] 6	CHICKEN RED PEPPER SANDWICH Cream of Broccoli Soup Pound Cake Orange & Milk [Veg: Chickpea Patty] 7	CHEESEBURGER Sesame Bun Roasted Potato Hash Apple Orange & Milk [Veg: Veggie Burger] 8 	DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk [Veg: Chickpea Patty] 9	CHICKEN WALDORF CROISSANT Green Bean & Radish Salad Apple Brown Betty Milk [Veg: Tofu Caprese Croissant] 11 
TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk [Veg: Tofu & Egg Chef's Salad] 13	CHICKEN MARSALA Rainbow Salad Rice Orange Apple & Milk [Veg: Lentil Loaf Caper Sauce] 14	MEDITERRANIAN COD Garden Salad Rice Orange & Milk Chocolate Chip Cookie [Veg: Stuffed Eggplant] 15	BBQ CHICKEN SLIDER Cream of Broccoli Soup Orange Juice Brownie Milk [Veg: Black Bean Patty] 16 	MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Seasonal Fruit Milk [Veg: Zucchini Stroganoff] 17
MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit & Milk [Veg: Baba Ganoush] 20	SESAME CHICKEN Broccoli & Carrots Rice Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Lemongrass Tofu] 21	TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk [Veg: Chickpea Artichoke] 22	PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake & Milk [Veg: Lentil Dal] 23	MEATLOAF Mashed Potatoes Cowboy Caviar Seasonal Fruit Milk [Veg: Lentil Loaf Caper Sauce] 24
CLOSED Memorial Day Observance  MEMORIAL DAY 27	CHIPOTLE CHICKEN Split Pea Soup Pound Cake Wheat Bread Orange Juice & Milk [Veg: Sweet Potato Chickpea] 28 	MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk [Veg: Mex Blk Bean Lasagna] 29	LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange & Milk [Veg: Spinach Wellington] 30	TUSCAN SALMON Sauté Carrots & Peas Pasta Seasonal Fruit Milk [Veg: Tuscan Tofu] 31



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.