



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COCONUT SHRIMP w/ Mango Salsa Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie; Milk [Veg: Cuban Sweet Picadillo] 1	MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk [Veg: Mexican Bean Lasagna] 2	CHILI HOT DOG Tangy Coleslaw BBQ Baked Beans Mandarin Jello Milk [Veg: Chili Veggie Hot Dog] 3	CLOSED Independence Day Observance 	SALISBURY BEEF STEAK Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange; Milk [Veg: Vegetarian Salisbury] 5
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe; Milk [Veg: Red Bean Chili] 8	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk [Veg: Tofu Waldorf Croissant] 9	ITALIAN BEEF MEATBALL SUB SANDWICH  Tuscan Bean Soup Orange Apple Sauce; Milk [Veg: Italian Eggplant Sub] 10	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk [Veg: Chickpea Primavera] 11	LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake; Milk [Veg: Spinach Wellington] 12
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup; Milk [Veg: Fajitas Spiced Tofu] 15	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie; Milk [Veg: Lentil Bourguignon] 16	CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple; Milk [Veg: Eggplant Parmesan] 17	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk [Veg: Vegetarian Pot Pie] 18	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe, Milk [Veg: Roasted Tofu Tacos] 19
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit; Milk [Veg: Soy Black Bean Tacos] 22	SESAME CHICKEN Green Goddess Soup Ginger Brown Rice Orange Juice Peach Crisp; Milk [Veg: Sesame Tofu] 23	LEMON PERSIAN CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange; Milk [Veg: Vegetarian Lemon Persian] 24	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup; Milk [Veg: Soy Bolognese] 25	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe; Milk [Veg: Hummus Sandwich] 26
CHICKEN KEBOB Moroccan Carrots Spanish Tomato Orzo Orange Juice Oatmeal Raisin Cookie & Milk [Veg: Eggplant Stew] 29	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake; Milk [Veg: Tofu Shawarma] 30	TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup & Milk [Veg: Tuscan Tofu] 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 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	



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.