

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED CONTRIBUTION – 60 YRS OR OLDER: \$4.00 COST – 59 YEARS OR YOUNGER: \$6.25 Rsvp in person at Lakeview Senior Center or Text/Call 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				 CLOSED FOR INDEPENDENCE DAY OBSERVANCE
CHICKEN TENDERS 6 Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Milk [Veg: Vegetarian "Chicken" Tenders]	GREEK CHICKEN SOUVLAKI 7 Greek Salad Rice Pilaf, Tzatziki, Wheat Pita Mandarin Cup, Milk [Veg: Tofu Souvlaki]	½ TUNA SANDWICH & SOUP 8 Chicken & Rice Soup Coleslaw Tropical Fruit, Milk [Veg: Soup & Sandwich]	SALMON PICCATA 2 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata] Ticket Required	GROUND BEEF TACO 10 Flour Tortilla, Salsa Roja Corn- Spanish Rice Oregano Squash Peaches, Milk [Veg: Soy & Black Bean Taco]
PENNE & MEATBALLS 13 Italian Zucchini, Tomato Sauce Garden Salad, Italian Dressing Pears; Milk [Veg: Penne & Eggplant Meatballs]	TURKEY BURGER 14 Onion, BBQ Mayo, Wheat Bun Thyme Marinated Cauliflower Orange, Milk [Veg: BBQ Veggie Burger]	TERIYAKI CHICKEN 15 Ginger Carrots, Cabbage, Broccoli Steamed Brown Rice Pineapple; Milk Pound Cake [Veg: Teriyaki Tofu]	CHICKEN VERA CRUZ 16 Tomato, Caper, Olive Stew Pinto Beans, Mexican Rice, Flour Tortilla Honeydew; Milk [Veg: Tofu Vera Cruz]	BBQ BEEF SLOPPY JOE 17 Wheat Bun Three Bean & Romaine Salad Waffle Fries Tropical Fruit; Milk [Veg: Soy Protein & Bean Sloppy Joe]
CHICKEN SHAWARMA SANDWICH 20 Hummus, Preserved Lemon Yogurt, Wheat Pita Bread, Minted Carrots, Bulger Wheat Tabouleh Applesauce; Milk [Veg: Falafel Pita Sandwich]	HAWAIIAN LOCO MOCO 21 Beef Patty, Scrambled Egg, Mushroom & Onion Gravy Sesame Green Beans, Steamed Brown Rice Tangerine; Milk [Veg: Tofu Loco Moco]	½ PESTO CHICKEN PIZZA 22 Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]	CHICKEN FAJITA 23 Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Banana; Milk [Veg: Tofu Fajita Taco]	TURKEY CHILI 24 Cheddar Cheese Texas Corn & Bean Salad Multi-Grain Texas Toast Watermelon, Milk [Veg: Red Bean Chili]
GROUND BEEF STROGANOFF 27 Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Tropical Fruit; Milk [Veg: Baked Eggplant Parm]	CHEESEBURGER 28 Lettuce, Wheat Bun Cucumber- Red Onion Salad Mandarin Cup; Milk [Veg: Black Bean Burger]	MARINATED SHRIMP SALAD 29 Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]	CHICKEN CACCIATORE 30 Bell Pepper, Onion, Mushroom Tomato Sauce Soft Parmesan Polenta Cream of Vegetable Soup Juice; Milk [Veg: Eggplant & Lentil Involtini]	PORK CARNITAS TACO 31 Pinto Beans, Tomato-Corn Rice Cabbage Slaw, Tomato Vinaigrette Flour Tortillas Peach; Milk [Veg: Tofu Taco]