





# JUNE 2026 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 |  |
|---|---|---|--|---|--|----------|--|--------|--|
| <b>PENNE &amp; MEATBALLS</b> 1<br>Italian Zucchini, Tomato Sauce<br>Garden Salad, Italian Dressing<br>Pears; Milk<br>[Veg: Penne & Eggplant Meatballs]                              | <b>TURKEY BURGER</b> 2<br>Onion, BBQ Mayo, Wheat Bun<br>Thyme Marinated Cauliflower<br>Orange Juice, Milk<br>[Veg: BBQ Veggie Burger]   | <b>TERIYAKI CHICKEN</b> 3<br>Ginger Carrots, Cabbage, Broccoli<br>Steamed Brown Rice<br>Pineapple; Milk<br>Pound Cake<br>[Veg: Teriyaki Tofu]   | <b>CHICKEN VERA CRUZ</b> 4<br>Tomato, Caper, Olive Stew, Pinto Beans, Mexican Rice, Flour Tortilla<br>Honeydew; Milk<br>[Veg: Tofu Vera Cruz]  | <b>BBQ BEEF SLOPPY JOE</b> 5<br>Wheat Bun<br>Three Bean & Romaine Salad<br>Waffle Fries<br>Tropical Fruit; Milk<br>[Veg: Soy Protein & Bean Sloppy Joe] |  |          |  |        |  |
| <b>CHICKEN SHAWARMA SANDWICH</b> 8<br>Hummus, Preserved Lemon Yogurt<br>Wheat Pita Bread, Minted Carrots, Bulgur Wheat Tabouleh<br>Applesauce; Milk<br>[Veg: Falafel Pita Sandwich] | <b>HAWAIIAN LOCO MOCO</b> 9<br>Beef Patty, Scrambled Egg, Mushroom & Onion Gravy<br>Sesame Green Beans, Steamed Brown Rice<br>Tangerine; Milk<br>[Veg: Tofu Loco Moco]                      | <b>½ PESTO CHICKEN PIZZA</b> 10<br>Mushroom, Onion, Mozzarella, Marinara Sauce<br>Potato- Corn Chowder<br>Orange Juice; Milk<br>[Veg: ½ Veg Pesto Pizza ]                             | <b>CHICKEN FAJITA</b> 11<br>Bell Pepper, Onion<br>Salsa, Cabbage Slaw<br>Cilantro Brown Rice<br>Banana; Milk<br>[Veg: Tofu Fajita Taco ]   | <b>TURKEY CHILI</b> 12<br>Cheddar Cheese<br>Texas Corn & Bean Salad<br>Multi-Grain Texas Toast<br>Watermelon, Milk<br>[Veg: Red Bean Chili]             |  |          |  |        |  |
| <b>GROUND BEEF STROGANOFF</b> 15<br>Mushroom Cream<br>Steamed Broccoli<br>Buttered Parsley Noodles<br>Tropical Fruit; Milk<br>[Veg: Baked Eggplant Parm]                            | <b>CHICKEN CACCIATORE</b> 16<br>Bell Pepper, Onion, Mushroom<br>Tomato Sauce<br>Soft Parmesan Polenta<br>Cream of Vegetable Soup<br>Orange Juice; Milk<br>[Veg: Eggplant & Lentil Involtni] | <b>MARINATED SHRIMP SALAD</b> 17<br>Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing<br>Wheat Roll<br>Cantaloupe; Milk<br>[Veg: Chickpea Curry Sandwich] | <b>CHEESEBURGER</b> 18<br>Lettuce, Wheat Bun<br>Cucumber-Red Onion Salad<br>Mandarin Cup<br>Milk<br>[Veg: Black Bean Burger]<br><br><b>Ticket Required</b>  | <b>CLOSED</b><br>  |  |          |  |        |  |
| <b>BBQ CHICKEN SANDWICH</b> 22<br>Lettuce, Relish<br>Coleslaw, Broccoli<br>Applesauce; Milk<br>[Veg: BBQ Seitan Sandwich]   | <b>THAI CHICKEN CURRY</b> 23<br>Carrots, Peas, Green Beans, Spinach<br>Steamed Brown Rice<br>Orange Juice; Milk<br>[Veg: Thai Tofu Curry]   | <b>BEEF BOLOGNESE</b> 24<br>Whole Wheat Penne Pasta<br>Caesar Salad, Tomato, Cucumber<br>Pineapple; Milk<br>[Veg: Soy "Bolognese"]  | <b>TOMATO SOUP &amp; ½ TURKEY SANDWICH</b> 25<br>Turkey, Lettuce, Wheat Bread<br>Tomato Basil Soup<br>Oatmeal Cookie<br>Orange Juice; Milk<br>[Veg: Harissa Chickpea Sandwich]   | <b>BREADED FISH STICK</b> 26<br>Tartar sauce, Potato Salad<br>Peas, Carrots, Broccoli<br>Dinner Roll<br>Watermelon; Milk<br>[Veg: Stuffed Zucchini]     |  |          |  |        |  |
| <b>PERSIAN CHICKEN</b> 29<br>Green Bean, Basmati Rice, Spinach- Tomato Stew<br>Shirazi Salad, Garlic Yogurt<br>Tropical Fruit & Milk<br>[Veg: Eggplant Stew]                        | <b>SALISBURY BEEF STEAK</b> 30<br>Mushroom Sauce<br>Garlic Mashed Potatoes, Spinach<br>Wheat Roll<br>Tangerine; Milk<br>[Veg: Vegetarian Salisbury]   |   | <b>SUGGESTED CONTRIBUTION – 60 YRS OR OLDER: \$4.00</b><br><b>COST – 59 YEARS OR YOUNGER: \$6.25</b><br>Rsvp in person at Lakeview Senior Center or Text/Call 949-919-2817<br>Reservations are required & must be made by 10am 2 business days prior to reservation date.<br>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. Dept. 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.