



Age Well

Orange County's partner in aging

October 2026 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

CHRIS HERNANDEZ RDN
Age Well is a nonprofit organization. Your voluntary contributions are appreciated, and your support provides meals to our community. Voluntary contributions are not required for service. There is no obligation to contribute. All contributions are confidential. No one eligible is turned away for inability to pay.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED CONTRIBUTION – 60YRS OR OLDER: \$4.00 COST – 59YEARS 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			BEEF MEATLOAF 1 Garlic Mashed Potatoes Sauté Corn & Green Beans Wheat Roll Apple Sauce & Milk [Veg: Lentil Loaf]	GROUND BEEF TACO 2 Flour Tortilla, Salsa Roja Corn- Spanish Rice Oregano Squash Peaches, Milk [Veg: Soy & Black Bean Taco]
CHICKEN TENDERS 5 Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Milk [Veg: Veg "Chicken" Tenders]	CHICKEN FAJITA 6 Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Cantaloupe; Milk [Veg: Tofu Fajita Taco]	CHICKEN & BEAN CHILI 7 Corn Bread Southern Garden Salad, Ranchero Dressing Banana, Milk [Veg: Bean Chili]	TOMATO SOUP & ½ TURKEY SANDWICH 8 Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]	SALMON PICCATA 9 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Pineapple & Milk [Veg: Cauliflower & Bean Piccata]
TERIYAKI CHICKEN 12 Ginger Carrots, Cabbage, Broccoli Steamed Brown Rice Tropical Fruit; Milk Pound Cake [Veg: Teriyaki Tofu]	SOUP & SANDWICH 13 ½ Tuna Sandwich Chicken & Rice Soup Coleslaw Watermelon, Milk [Veg: Veg Soup & Hummus Sandwich]	CHICKEN TACO 14 Flour Tortilla, Salsa Roja Corn- Spanish Rice Oregano Squash Peaches, Milk [Veg: Soy & Black Bean Taco]	TURKEY BURGER 15 BBQ Onion , Wheat Bun, Fat Free Ranch Dressing Thyme Marinated Cauliflower Orange Juice, Milk [Veg: BBQ Veggie Burger]	CHICKEN BREAST STROGANOFF 16 Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Pears; Milk [Veg: Baked Eggplant Parm]
CHICKEN CACCIATORE 19 Bell Pepper, Onion, Mushroom Tomato Sauce Fusilli Pasta Cream of Vegetable Soup Orange Juice; Milk [Veg: Eggplant & Lentil Involtini]	THAI CHICKEN CURRY 20 Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Honeydew; Milk [Veg: Thai Tofu Curry]	½ BBQ CHICKEN PIZZA 21 Broccoli, Onion, Mozzarella, Marinara Sauce Vegetable Bisque Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]	CHICKEN VERA CRUZ 22 Tomato, Caper, Olive Stew Pinto Beans, Mexican Rice, Flour Tortilla Honeydew; Milk [Veg: Tofu Vera Cruz]	SALISBURY BEEF STEAK 23 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]
GREEK CHICKEN SOUVLAKI 26 Greek Salad Rice Pilaf, Tzatziki, Wheat Pita Orange Juice, Milk [Veg: Tofu Souvlaki]	SPINACH & MUSHROOM FRITATTA 27 Onion, Swiss Cheese Garden Salad, Tomato, Cucumber, Dijon Vinaigrette Garlic Twist Apple Sauce; Milk	BAKED TUNA CASSEROLE 28 Peas, Carrot, Mushroom Cream Spiral Noodles Tropical Fruit; Milk [Veg: Baked Eggplant Parm]	MARINATED SHRIMP SALAD 29 Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]	PORK CARNITAS TACO 30 Pinto Beans, Tomato-Corn Rice Cabbage Slaw, Tomato Vinaigrette Flour Tortillas Orange Juice; Milk [Veg: Tofu Taco]



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. Depart. 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.