

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	HAWAIIAN LOCO MOCO 1 Beef Patty, Scrambled Egg, Mushroom & Onion Gravy Sesame Green Beans Steamed Brown Rice Tangerine; Milk [Veg: Tofu Loco Moco]	½ PESTO CHICKEN PIZZA 2 Mushroom, Onion, Mozzarella, Marinara Sauce Potato- Corn Chowder Orange Juice; Milk [Veg: ½ Veg Pesto Pizza]	CHICKEN FAJITA 3 Bell Pepper, Onion Salsa, Cabbage Slaw Cilantro Brown Rice Banana; Milk [Veg: Tofu Fajita Taco]	TURKEY CHILI 4 Cheddar Cheese Texas Corn & Bean Salad Multi-Grain Texas Toast Watermelon, Milk [Veg: Red Bean Chili]
CLOSED Labor Day Observance 	GROUND BEEF STROGANOFF 8 Mushroom Cream Steamed Broccoli Buttered Parsley Noodles Tropical Fruit; Milk [Veg: Baked Eggplant Parm]	CHEESEBURGER 9 Lettuce, Wheat Bun Cucumber- Red Onion Salad Mandarin Cup; Milk [Veg: Black Bean Burger]	MARINATED SHRIMP SALAD 10 Romaine, Egg, Tomato, Potato, Broccoli, Red Onion, Green Bean, Louis Dressing Wheat Roll Cantaloupe; Milk [Veg: Chickpea Curry Sandwich]	PORK CARNITAS TACO 11 Pinto Beans, Tomato-Corn Rice Cabbage Slaw, Tomato Vinaigrette Flour Tortillas Peach; Milk [Veg: Tofu Taco]
BBQ CHICKEN SANDWICH 14 Lettuce, Relish Coleslaw, Broccoli Applesauce; Milk [Veg: BBQ Seitan Sandwich]	THAI CHICKEN CURRY 15 Carrots, Peas, Green Beans, Spinach Steamed Brown Rice Orange Juice; Milk [Veg: Thai Tofu Curry]	BEEF BOLOGNESE 16 Whole Wheat Penne Pasta Caesar Salad, Tomato, Cucumber Pineapple; Milk [Veg: Soy "Bolognese"]	TOMATO SOUP & ½ TURKEY SANDWICH 17 Turkey, Lettuce, Wheat Bread Tomato Basil Soup Oatmeal Cookie Orange Juice; Milk [Veg: Harissa Chickpea Sandwich]	BREADED FISH STICK 18 Tartar sauce, Potato Salad Peas, Carrots, Broccoli Dinner Roll Watermelon; Milk [Veg: Stuffed Zucchini]
PERSIAN CHICKEN 21 Green Bean, Basmati Rice, Spinach- Tomato Stew Shirazi Salad, Garlic Yogurt Tropical Fruit & Milk [Veg: Eggplant Stew]	SALISBURY BEEF STEAK 22 Mushroom Sauce Garlic Mashed Potatoes, Spinach Wheat Roll Tangerine; Milk [Veg: Vegetarian Salisbury]	SWEET & SOUR MEATBALLS 23 Onion, Bell Pepper, Cabbage, Peas, Pineapple Steamed Brown Rice Orange juice; Milk [Veg: Sweet & Sour Tofu]	SALMON PICCATA 24 Lemon Caper Sauce Herbed Tomato & Zucchini Whole Wheat Pesto Penne Banana & Milk [Veg: Cauliflower & Bean Piccata]	BEEF & BEAN CHILI 25 Corn Bread Southern Garden Salad, Ranchero Dressing Cantaloupe, Milk [Veg: Bean Chili]
CHICKEN TENDERS 28 Ranch Slaw Sweet Potato Mash Dinner Roll Orange Juice, Mik [Veg: Veg "Chicken" Tenders]	GREEK CHICKEN SOUVLAKI 29 Greek Salad Rice Pilaf, Tzatziki, Wheat Pita Mandarin Cup, Milk [Veg: Tofu Souvlaki]	SOUP & SANDWICH 30 ½ Tuna Sandwich Chicken & Rice Soup Coleslaw Tropical Fruit, Milk [Veg: Veg Soup & Hummus Sandwich]	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	