


Senior Lunch Menu – August 2018



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	Senior Suggested Donation - \$3.00 Meal Cost for Under Age 60 – \$5.00	<u>CLOSED FOR MAINTENANCE</u>	<u>CLOSED FOR MAINTENANCE</u>	<u>CLOSED FOR MAINTENANCE</u>
6	7	8	9	*** 10
Herb Roasted Pork with Gravy, Brown Rice, Carrots, Orange Pineapple Juice, Cake Diet: Diet Cake	Split Pea Soup/ Crackers, Salmon Boat with Pesto Sauce, Quinoa Pilaf, Mixed Vegetables, Canned Pineapple Chunks	Chicken with Potatoes & Pea in Coconut Curry Sauce, Oriental Vegetables, Cucumber Salad, Fruited Gelatin,	Beef Fajitas Fajita Vegetables Pinto Beans Tortilla 6" Salsa Fresh Melon	 TASC ANNUAL LUAAU ENTERTAINMENT CATERED LUNCH DOOR PRIZES Tickets - \$4.00
13	14	15	16	17
Cream of Spinach / SF Crackers, Turkey Sandwich, Shredded Lettuce and Tomato, Bow Tie Pasta, Whole Wheat Bread, Fresh Melon	Macaroni and Cheese, (Stouffer) Stewed Tomatoes 50/50 (Romaine) with Croutons Dressing, Mandarin Orange	Baked Meatloaf/Gravy Mashed Potatoes Broccoli Whole Wheat Bread Orange Juice Cookie, Diet: Diet Cookie	Chile Relleno Casserole Spanish rice Pinto Beans Salsa Fresh Melon	Mrs. Fridays Sweet Potatoes Peas and Carrots Tartar Sauce Banana Pudding Diet: Diet Pudding
20	21	22	23	24
Turkey Pot Roast with Gravy, Baby Baker Potato, Broccoli, Fruit Cup	Mediterranean Tuna Salad on 50/50 Tomato and Zucchini Salad Whole Wheat Bread/Promise Fruit Pie Diet: Diet Fruit Pie	Grilled Hamburger, WW Bun, Shredded Lettuce, Sliced Tomatoes, Onions, Carrot and Raisin Salad, Tropical Fruit Mix	Butternut Squash Soup/SF Crackers, Couscous/Peas/Carrot, Parmesan Salad with Shredded Chicken, WW Dinner Roll/Promise, Ambrosia	Chicken Florentine, with Florentine Sauce Italian Vegetable Blend Lemon Orzo Orange Pineapple Juice Cookie Diet: Diet Cookie
27	28	29	30	31
Homemade Beef Stew, Garden Tossed Salad with Vinaigrette, Cornbread, Applesauce, Orange Juice	Baked Chicken Drumsticks, Mashed Potatoes, Carrots and Broccoli, Fresh Fruit 	Pork Chile Verde, Corn, Lima Beans, Peas & Carrots, Pinto Beans, Corn Tortilla, Canned Pineapple Chunks	Meatballs with Marinara Sauce over Linguine, Italian Vegetables, Breadstick, Italian Ice, Diet: Diet Dessert	Pasta with Butternut Squash, Feta cheese and Beef Strips, Broccoli and Pepper Salad, Mini Muffin/Promise Trifle, Diet: Diet Trifle

All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

Sugar free Desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily.  Indicates sodium content over 1,000 mg. *indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

www.SeniorServ.org

