



Senior Meal Menu – June 2017
Senior Lunch Menu – June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00	 	 Alignment Healthcare	1 Pork Chili Verde Spanish Rice Pinto Beans Tortilla Orange-Pineapple Juice Diet Custard	2 Zuni Corn Soup w/Salt Free Crackers Greek Salad w/Garbanzo Beans topped w/Thinly Roast Beef Strips w/Green Salad, Dressing Whole Wheat Dinner Roll Melon
			5 Meatball & Spaghetti with Marinara Sauce Broccoli Whole Grain Breadstick Orange Juice Fruit Cocktail	6 Turkey Pot Roast with Gravy Mashed Potatoes Brussels Sprouts Melon
12 Hamburger, Spinach, Red Onion & Tomatoes on Whole Wheat Bun Carrot Raisin Salad Cucumber Salad Butterscotch Pudding Diet: Butterscotch Pudding Orange Juice	13 Split Pea Soup w/Salt Free Crackers Chicken Tri-Colored Pasta (Red & Green Bell Peppers, Sliced Mushrooms, Broccoli Florets, Green Onions) w/ Red Wine Vinaigrette Whole Wheat Dinner Roll, Promise, Tropical Fruit Mix	14 Sweet and Sour Pork Pineapple Fried Rice Japanese Blend Vegetables Almond Cookie Fortune Cookie Diet: Lemon Cookie	15 Beef Taco (Shredded Beef, Black Beans, Cilantro, Tomato Salsa Mexican Salad (Lettuce, Tomatoes and Tortilla Strips) Flour Tortilla (1) Melon	16 <i>*Father's Day Celebration*</i> Beef Pot Roast with Mushroom Gravy Baked Potatoes w/Sour Cream Chef Cut Vegetables Mixed Salad w/Dressing Parker House Roll Blueberry Pie & Ice Cream, Diet: Melon
19 Chicken Parmesan w/ Marinara Sauce Penne Pasta Italian Blend Vegetables Italian Ice Diet: Fresh Fruit	20 Chef's Salad (Turkey Strips, Chopped Egg & Shredded Cheese, Carrots, Tomatoes) Raspberry Salad Dressing Whole Wheat Roll Canned Peach Halves & Blueberries	21 <i>*Favorite Menu Day</i> Chili Cheese Dog w/Diced Onion Coleslaw Baked Chips Whole Wheat Bun Sliced Apples & Grapes	22 Cream of Spinach & Salt Free Crackers Potato Crusted Pollack Tabouli Salad (Chopped Parsley, Onions, Mint w/ Lemon Juice) Sugar Free Apple Crisp	23 Baked Meatloaf w/ Mushroom Gravy Mashed Potatoes Brussels Sprouts Sugar Free Fruited Gelatin
26 Roast Pork Loin with Raisin Sauce Roasted Baby Bakers Baby Carrots Chocolate Chip Cookie Diet: Lemon Cookie	27 Mexican Tortilla Soup/ Tortilla Strips Chicken Fiesta Salad on top of bed of Spinach Whole Wheat Dinner Roll Melon 	28 Vegetarian Lasagna 50/50 Mixed Salad Shredded Carrots, Cucumber Lemon Vinaigrette Breadstick Lemon Pudding Diet: Lemon Pudding	29 Fish with Chipotle Mango Sauce Wild Rice Pilaf California Blend Vegetables Whole Wheat Dinner Roll Fruit Cocktail	30 <i>*Pre-July 4th Celebration</i> Cheeseburger on Whole Wheat Lettuce, Tomato & Onion Boston Baked Beans Corn on the Cob Watermelon

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 gelatins 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.