



Senior Lunch Menu – November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00	Cream of Celery Soup & Crackers Grilled Chicken Sandwich w/Lettuce & Tomato Whole Wheat Bun Winter Vegetable Salad Fresh Fruit	Beef Stroganoff over Egg Noodles Seasoned Baby Carrots Whole Grain Bread Orange Juice SF Cookie	Vegetable Soup & Crackers Stuffed Salmon Boat w/Newburg Sauce Seasoned Brussels Sprouts Fruited Gelatin w/Mandarin Oranges	Turkey Taco Bowl topped with Shredded Carrots, Diced Tomatoes, Light Sour Cream, Red Cabbage, Salsa Whole Wheat Tortilla Chips Cantaloupe
7	8	9	10	11
Sweet & Sour Chicken Brown Rice Oriental Vegetable Blend Mandarin Oranges	Tortilla Soup w/Tortilla Strips Taco Salad (Ground Beef, Tomatoes, Cheese, Corn, Black Beans, Diced Bell Peppers) Flour Tortilla Sugar Free Custard	<u>Vegetarian Day</u> Baked Ziti Mixed Green Salad w/Diced Beets Vinaigrette Dressing Whole Grain Bread Pineapple Chunks	<u>**Veterans Day Meal**</u> Roast Beef & Gravy Scalloped Potatoes Chef Cut Vegetables Parker House Roll & Margarine Apple Pie & Ice Cream Diet: SF Apple Crisp	 VETERANS DAY <i>Closed for the holiday</i>
14	15	16	17	18
Chili Con Carne w/ Diced Onions & Cheese California Blend Vegetables Cornbread Muffin Orange Juice Pears & Peach Medley	<u>**Harvest Day**</u> Vegetarian Lasagna Tossed Salad w/ Cranberries & Sliced Almonds Raspberry Dressing Whole Grain Bread Honeydew Melon	Corn Soup w/Chips Chicken Salad on Leaf Lettuce & Shredded Carrots Succotash Whole Grain Bread Fresh Fruit	<u>**Thanksgiving Celebration**</u> Roast Turkey & Gravy Mashed Potatoes Cornbread Stuffing Green Beans / Almonds Cranberry Sauce Parker House Roll Pumpkin Pie & Whip Topping	Pot Roast w/Brown Gravy Baked Potato w/Light Sour Cream Seasoned Carrots Orange Juice Chocolate Chip Cookies Diet: Chocolate Cookie
21	22	23	24	25
Farmer's Soup & Crackers Mrs. Friday's Fish Baby Baker Potatoes Seasoned Spinach Ambrosia	Chicken w/Potatoes & Peas w/Curry Sauce Jasmine Rice Seasoned Carrots Mandarin Oranges	<u>**Holiday Brunch**</u> Broccoli Frittata Redskin Potatoes Blueberry Muffin Orange Juice Cantaloupe	 HAPPY THANKSGIVING <i>Closed for the Holiday</i>	
28	29	30		
 Holly Farm Chicken Coleslaw Carrot & Raisin Salad Low Fat Yogurt topped w/Blueberries	Pork Chili Verde Spanish Rice Pinto Beans Whole Wheat Tortilla Fresh Orange	Tomato Plum Soup & Crackers ½ Tuna Salad on Whole Grain Bread Broccoli Salad Sugar Free Butterscotch Pudding		Sponsored by:  Alignment Healthcare

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.