




Senior Lunch Menu - April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 Split Pea Soup / SF Crackers Roasted Turkey / Herb Gravy Sweet Potato Casserole Cranberry Sauce Pumpkin Cookies Diet: Diet Cookie Orange Juice	3 Mrs. Friday Fish Couscous w/ Peas & Parmesan Cheese Broccoli Blueberry Pie Diet: Chilled Fruit Cocktail	4 Baked Meatloaf w/ Mushroom Gravy Egg Noodles Brussels Sprouts Mandarin Orange	5 Pork Tenderloin w/ Apple Raisin Sauce Brown Rice Cucumber & Black Eye Pea Salad Whole Grain Bread Tropical Fruit Mix	6 Ham w/ Fruit Glaze Scalloped Potatoes Green Beans w/ Almonds Pineapple Upside Down Cake Diet: Fresh Fruit
9 Rich Beef Goulash Brown Rice Spinach Peach Crisp Diet: SF Peach Crisp Sour Cream on Side	****10 Hot Dog / WW Bun Diced Onions & Relish Coleslaw Macaroni Salad Fresh Fruit	11 Chicken Marsala w/ Angel Hair Pasta Italian Blend Veggies WW Dinner Roll Ice Cream Diet: SF Ice Cream	12 Ham & Zucchini Frittata Romaine Salad w/ Tomatoes & Balsamic Dressing Mini Blueberry Muffin Fruited Gelatin Diet: SF Fruited Gelatin	13 Vegetable Soup/ SF Crackers Crab Salad on bed of Spinach Black Beans & Orange w/ Citrus Dressing Chilled Pineapple Chunks
 16 Tortilla Soup/ Tortilla Strips Yucatan Chicken Tacos 3 Sisters Street Taco Tortilla Ambrosia	17 Hearty Beef Stew Broccoli & Red Pepper Salad Cornbread Muffin Fresh Melon	18 Tomato Florentine Soup w/ SF Crackers Pork Loin w/ Gravy Sweet Potato Bake WW Roll Mixed Fruit Cup	19 Vegetarian Lasagna Mixed Salad w/ Dressing Breadsticks Chocolate Chip Cookie Diet: Diet Cookie Orange Juice	****20 Hamburger / WW Bun Lettuce, Tomato & Onion Baked Chips Carrot Raisin Salad Lemon Pudding Diet: Lemon Pudding Orange Pineapple Juice
23 Rita's Spinach Casserole Romaine Salad w/ Red Wine Vinaigrette WW Crackers Apple Crisp	24 Egg Drop Soup / SF Crackers Thai Chicken Salad w/ Dressing WW Roll Mandarin Orange <i>Happy Birthday!</i>	****25 Holly Farm Chicken Drumsticks Mexican Rice Brussels Sprouts Canned Apricots	26 Fettuccini / Roasted Butternut Squash w/ Feta Cheese / Basil Cobb Salad w/ Ranch Dressing Bran Muffin Trifle Diet: Trifle	***27 Stouffer's Mac & Cheese 4 Way Salad Mix Red Raspberry Dressing California Blend WG Bread Fresh Melon
30 Beef Bolognese on Spaghetti Fresh Spinach w/ Dried Cranberry Vinaigrette WG Breadstick Fresh Melon			 Alignment Healthcare	Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00

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.