






**Senior Lunch Menu - May 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2*****</b>	<b>3</b>	<b>4</b>
 <b>Alignment Healthcare</b>	Sweet and Sour Pork Brown Fried Rice Oriental Blend Oatmeal Cookie Diet: Diet Cookie	Holly Farm Chicken Carrot Raisin Salad Mashed Potatoes/ Gravy Whole Grain Bread Fruited Gelatin	Clam Chowder Soup Mediterranean Tuna Salad on a bed of Spinach Tomato & Zucchini Salad Tropical Fruit Mix	<b>**Cinco De May            Celebration**</b> Beef Tamales Spanish Rice Black Beans Salsa Custard Diet: SF Custard
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Cream Of Carrot / SF Crackers Beef, Mango & Barley Salad Whole Wheat Dinner Roll Fresh Melon	Turkey Pot Roast & Gravy Baked Potato w/ Sour Cream Capri Blend Vegetables Fresh Fruit Nectarine	Roasted Brisket Mini Sliders (2) / BBQ Sauce Southwest Slaw Chuckwagon Corn Ambrosia Orange Juice	Teriyaki Chicken Steamed Rice Broccoli & Carrot Combo Diced Peaches	<b>**Mother's Day            Celebration**</b> Stuffed Bell Peppers Mashed Potatoes Whole Baby Carrots Red Velvet Cake Diet: Melon
<b>14</b>	<b>*****15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Cream of Asparagus / Wheat Crackers Veggie Egg Salad w/ WG Flatbread Cherry Tomatoes (5) Quinoa Salad Fresh Melon	Hamburger / WW Bun Lettuce, Tomato & Onion Baked Chips Carrot Raisin Salad Lemon Pudding Diet: Pudding Orange-Pineapple Juice	Pork Tenderloin w/ Apple Raisin Sauce Brown Rice Cucumber & Black Eye Pea Salad Whole Grain Bread Tropical Fruit Mix	Baked Meatloaf w/ Mushroom Gravy Egg Noodles Brussels Sprouts Mandarin Oranges	Split Pea Soup / SF Crackers Roasted Turkey / Herb Gravy Sweet Potato Casserole Cranberry Sauce Assorted Cookies Diet: Diet Cookie Orange Juice
<b>****21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Stouffers</b> Macaroni & Cheese Casserole Stewed Tomatoes W/ Croutons California Blend Vegetable WG Bread Honeydew	Moroccan Lentil and Vegetable Soup / SF Crackers Shepherd's Pie Spinach & Orange Salad Fresh Fruit	Ham and Zucchini Frittata Romaine Salad w/ Tomatoes w/ Balsamic Dressing Mini Blueberry Muffin Fruited Gelatin Diet: SF Fruit Gelatin	Chicken Marsala w/ Angel Hair Pasta Italian Blend Vegetables Whole Wheat Dinner Roll Ice Cream Diet: Ice Cream	Rich Beef Goulash Brown Rice Spinach Peach Crisp Diet: SF Peach Crisp Sour Cream on the Side
<b>28</b>	<b>*****29</b>	<b>30</b>	<b>31</b>	
<b>Closed for the Holiday!</b> 	<b>"Post-Memorial Day            Celebration"</b> Hot Dog with Bun Diced Onions and Relish Coleslaw Macaroni Salad Ice Cream (no sugar added)	Vegetarian Lasagna 50/50 mix, red cabbage & Diced Beets / Dressing Breadsticks Chocolate Chip Cookie Diet: Diet Cookie Orange Juice	Hearty Beef Stew Broccoli & Red Pepper Salad Cornbread Muffin Fresh Melon	<b>Suggested Donation -            \$3.00</b>  <b>Meal Cost for Under            Age 60 -            \$5.00</b>

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. [www.SeniorServ.org](http://www.SeniorServ.org)