





Senior Lunch Menu – July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>***July 4TH LUNCHEON***</p> <p>HOT DOG W/BUN COLESLAW CHIPS COOKIE</p> <p>COST: \$4.00 PER GUEST</p>	<p>4</p> <p>CLOSED FOR HOLIDAY</p> <p>happy 4th of July</p>	<p>5</p> <p>Grilled Chicken Breast w/Mushroom & Parsley Gravy Roasted Red Skin Potatoes Broccoli & Carrots Orange Juice Chocolate Pudding Diet: Chocolate Pudding</p>	<p>6</p> <p>Lentil Soup w/Salt Free Crackers Chopped Salad w/Feta Cheese (Cucumber, Tomatoes, Corn, Peas, Red Onions, Cilantro) Whole Wheat Dinner Roll Pineapple Chunks</p>	<p>7</p> <p>Salisbury Steak w/Gravy Smash Sweet Potato Brussels Sprouts Trifle Diet: Banana Cake</p>
<p>10</p> <p>Chicken Marsala Parsley Noodles Italian Blend Vegetables Coleslaw with Pineapple Orange Juice Canned Peaches</p>	<p>11</p> <p>Breaded Fish with Tartar Sauce Baked Potato With Sour Cream Seasoned Carrots Mixed Fruit Cup</p>	<p>12</p> <p>Spinach and Cheese Quiche Spinach Salad with Dried Cranberries Almond Lemon Vinaigrette Butterscotch Pudding Diet: Diet Pudding</p>	<p>13</p> <p>Pork Chili Verde Spanish Rice Pinto Beans Tortilla Orange-Pineapple Juice Diet: Custard</p>	<p>14</p> <p>Zuni Corn Soup w/Salt Free Crackers Greek Salad w/Garbanzo Beans topped with Thinly Roast Beef Strips w/Green Salad Dressing Whole Wheat Dinner Roll, Melon</p>
<p>17</p> <p>Meatballs atop on Spaghetti with Marinara Sauce Broccoli Breadstick Orange Juice Fruit Cocktail</p>	<p>18</p> <p>Turkey Pot Roast W/Gravy Mashed Potatoes Peas and Carrots Melon</p>	<p>19</p> <p>Chile Relleno Casserole Black Beans Tomato and Zucchini Salad Orange-Pineapple Juice Lemon Pudding Diet: Lemon Pudding</p>	<p>20</p> <p>Egg Drop Soup w/Salt Free Crackers Chinese Chicken Salad (Napa & Red Cabbage, Green Onions, Slivered Almonds, Mandarin Oranges) Oatmeal Cookie Diet: Oatmeal Cookie</p>	<p>21</p> <p>Cream of Pumpkin Soup w/Salt Free Crackers ½ Ham & Swiss Cheese Sandwich on Rye Beets and Orange Salad Ambrosia</p>
<p>24</p> <p>Hamburger/Spinach/Red Onion and Tomatoes on WW Bun Carrot and Raisin Salad Cucumber Salad Butterscotch Pudding Diet: Butterscotch Pudding Orange Juice</p>	<p>25</p> <p>Split Pea Soup w/Salt Free Crackers Chicken Tri-Color Pasta Salad (Red & Green Bell Pepper, Sliced Mushrooms, Broccoli Florets, Green Onions) served Red Wine Vinaigrette Tropical Fruit Mix</p> <p>Happy Birthday!</p>	<p>26</p> <p>Sweet and Sour Pork Pineapple Fried Rice Japanese Blend Vegetables Almond Cookie Fortune Cookie Diet: Lemon Cookie</p>	<p>27</p> <p>Beef Taco (Shredded Beef, Black Beans, Cilantro, Tomato Salsa) Mexican Salad (Lettuce, Tomatoes, and Tortilla Strips) Flour Tortilla (1) Melon</p>	<p>28</p> <p>Butternut Squash Soup w/Salt Free Crackers Stuffed Salmon w/Newburg Sauce Broccoli Grapes</p>
<p>31</p> <p>TASC CLOSED FOR MAINTENANCE</p>		<p>Suggested Donation - \$3.00 Meal Cost for Under Age 60 -\$5.00</p>		 <p>Alignment Healthcare</p>

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.