




Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Hot Dog WW Hot Dog Bun Diced Onions Baked Chips Coleslaw with Pineapple Orange Juice Canned Peaches	Breaded Fish with Tartar Sauce Baked Potato with Sour Cream Seasoned Carrots Mixed Fruit Cup	Spinach and Cheese Quiche Spinach Salad with Dried Cranberries Almond Lemon Vinaigrette Mini Bran Muffin Butterscotch Pudding	 Pork Chili Verde  Spanish Rice Pinto Beans Tortilla Orange-Pineapple Juice Diet: Custard	Zuni Corn Soup w/SF Crackers Greek Salad with Garbanzo Beans topped with Thinly Roast Beef Strips Green Salad Dressing Dinner Roll Melon
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Meatball atop on Spaghetti with Marinara Sauce Broccoli WW Dinner Roll/Promise Orange Juice Fruit Cocktail	Turkey Pot Roast with Gravy Mashed Potatoes Brussels Sprouts Melon	Chile Relleno Casserole Black Beans Tomatoes and Zucchini Salad Orange-Pineapple Juice Lemon Pudding Diet: Lemon Pudding	Egg Drop Soup w/SF Crackers Chinese Chicken Salad (Napa & Red Cabbage, Green Onions, Slivered Almonds, Mandarin Oranges) Oatmeal Cookie Diet: Oatmeal Cookie	 Cream of Pumpkin Soup w/SF Crackers  1/2 Ham & Swiss Cheese Sandwich on Rye Beets and Orange Salad Ambrosia
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Hamburger/Lettuce Red Onion and Tomatoes on WW Bun Carrot Raisin Salad Cucumber Salad Butterscotch Pudding Diet: Butterscotch Pudding Orange Juice	Split Pea Soup w/SF Crackers Chicken Tri-Color Pasta Salad (Red, Green Pepper, Green Onion, Sliced Mushrooms, Broccoli Florets) w/Red Wine Vinaigrette WW Dinner Roll/Promise Tropical Fruit Mix	Sweet and Sour Pork Pineapple Fried Rice Japanese Blend Vegetables Almond Cookie Fortune Cookie Diet: Lemon Cookie	Beef Taco Shredded Beef, Black Beans, Cilantro Tomato Salsa Mexican Salad (Lettuce, Tomatoes, Tortilla Chips & Dressing) Flour Tortilla (1) Melon	Butternut Squash Soup w/SF Crackers Stuffed Salmon With Newburg Sauce Broccoli Grapes
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Chicken Parmesan With Marinara Sauce Penne Pasta Italian Blend Vegetables Italian Ice Diet: Fresh Fruit	Chef's Salad (turkeys trips, chopped eggs & shredded cheese, carrots, tomatoes, Raspberry Salad Dressing) Whole Wheat Roll Promise Canned Peach Half/Blueberries	Vegetarian Chili w/ Cheese and Onion Spinach and Tomato with Vinaigrette Corn Muffin/Promise Fruit Cup	Cream of Spinach with SF Crackers Potato Crusted Pollack Tabouli Salad (Chopped Parsley, Onions, Mint with Lemon Juice) Sugar Free Apple Crisp	Baked Meatloaf with Mushroom Gravy Mashed Potatoes Brussels Sprouts SF Fruited Gelatin
<b>30</b>	<b>31</b>	<b>Suggested Donation - \$3.00</b>		
Roast Pork Loin with Raisin Sauce Roasted Baby Bakers Baby Carrots Chocolate Chip Cookie Diet: Lemon Cookie	<i>Happy Birthday!</i> Brew Stew Goblin Green Salad Slimy Dressing Mummy Muffin Petrified Pumpkin Pudding 	<b>Meal Cost for Under Age 60 - \$5.00</b>	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.