



Senior Lunch Menu – May 2017

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday ***5***
Sweet N' Sour Pork Pineapple Fried Rice Japanese Blend Vegetables Almond Cookie Fortune Cookie Diet: SF Lemon Cookie	Split Peas Soup w/SF Crackers Chicken Tri-Colored Pasta Salad (Red and Green Bell Peppers, Sliced Mushrooms, Broccoli Florets, Green Onions) Served with Red Wine Vinaigrette Tropical Fruit Mix	Hamburger on WW Bun with Red Onions, Tomatoes & Spinach Carrot Salad Cucumber Salad Orange Juice Butterscotch Pudding Diet: SF Butterscotch Pudding	Butternut Squash Soup Stuffed Salmon Topped with Newburg Sauce Broccoli Florets Fresh Fruit	*Cinco De Mayo* Beef Tamales with Red Sauce Pinto Beans Spanish Rice Mexican Salad Cilantro Tomatoes Salsa Flan Diet: Fresh Fruit
8	9	10	11	***12***
Vegetarian Chili with Cheese & Onions Spinach Salad w/Cherry Tomatoes Vinaigrette Dressing Corn Bread Muffin Mixed Fruit Cup	Baked Meatloaf with Mushroom Gravy Mashed Potatoes Brussels Sprouts SF Fruited Gelatin	Chicken Parmesan with Marinara Sauce Penne Pasta Italian Blend Vegetables Italian Ice Diet: Fresh Fruit	Chef Salad with Turkey Strips, Diced Eggs, Shredded Cheese, Carrots, Tomatoes on 4 Way Mix Salad Raspberry Dressing Dinner Roll Peach Halves with Blueberries	*Mother's Day Luncheon* Stuffed Cabbage Mashed Potatoes 50/50 Salad Mix with Cranberries & Almonds Parker House Roll Red Velvet Cake Diet: Fresh Fruit
15	16	17	18	***19***
Mexican Tortilla Soup/ Tortilla Strips Chicken Fiesta Salad On a Bed of Spinach WW Roll & Margarine Honeydew Melon	Roast Pork Loin topped With Raisins Sauce Baby Bakers Potatoes Whole Carrots Oatmeal Cookies Diet: SF Lemon Cookie	White Fish Chipotle Mango Sauce Wild Rice Pilaf California Vegetables Blend WW Dinner Roll Fruit Cocktail	Orange Chicken Brown Rice Broccoli Florets Apple	Pasta Primavera 50/50 Mix with Shredded Carrots & Diced Cucumbers Breadsticks Lemon Pudding Diet: SF Lemon Pudding
22	23	24	25	***26***
Corn Chowder/ SF Crackers Tuna Entrée Salad with Shredded Lettuce, Tomatoes, Sliced Cucumber & Red Onions WW Roll Apricots Halves	Chicken Breast topped with Mushroom & Parsley Gravy Redskin Potatoes Broccoli Florets & Carrot Coins Chocolate Pudding Diet: Chocolate Pudding Orange Juice	Open Face Turkey Sandwich & Gravy Mashed Potatoes Garden Blend Vegetables WG Bread Cranberry Sauce Cantaloupe	Salisbury Steak & Gravy Smashed Sweet Potatoes Brussels Sprouts Trifle Diet: Banana Cake	*Memorial Day Luncheon* Hot Dog on WW Bun Diced Onions & Relish Boston Beans Corn on the Cob Watermelon
29	30	31		
	Breaded Fish With Tartar Sauce Baked Potato With Sour Cream Seasoned Carrots Mixed Fruit Cup HAPPY BIRTHDAY!	Chicken Marsala Parsley Noodles Italian Blend Vegetables Coleslaw with Pineapple Orange Juice Canned Peaches	 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.