



**Senior Lunch Menu September 2018**

**Alignment Healthcare**

Monday	Tuesday	Wednesday	Thursday	Friday
3	**4 	5	6	7
 <b>CLOSED for Labor Day!</b>	Hot Dog Diced Onion WW Bun Baked chips Carrot and Raisin Salad No Sugar Added Ice Cream	Salisbury Steak w/ Gravy Sweet Potato Mash Green Beans 50/50 Whip	Signature Chicken Salad Tossed Green Salad with Diced cucumber/ Diced Tomatoes Slivered Almonds with Red Wine Vinaigrette WW Dinner Roll Fresh Fruit	Fish Tacos Shredded Red Cabbage Pico de Gallo Soft Taco Shell Cilantro Lime Rice Sugar Free Custard
10	11	12	13	14
Roast Turkey with Gravy Mashed Potatoes Broccoli/Cauliflower Cranberry Sauce WW Dinner Roll Tropical Fruit Mix Orange Juice	Braised Beef with Peppers and Onions Sauce Brown Rice Carrots Mandarin Orange	Egg Drop Soup/SF Crackers, Zesty Asian Chicken Salad with, Red Peppers, Carrots Broccoli Asian Dressing Sunshine Gelatin Salad Diet Oatmeal Cookie Diet: Diet Cookie	Baked Ziti, Garden Mixed Salad with Dressing Italian Vegetable Blend Breadsticks, Chocolate Pudding Diet: Diet Pudding	<u><b>TASC SPONSORED LUNCH</b></u>  CHEESEBURGER FRENCH FRIES BEVERAGE  Coffee & Tea
17	18	19	20 	**21 
Coffee & Te Herb Roasted Pork with Gravy Brown Rice Carrots Orange Pineapple Juice Cake Diet: Diet Cake	Split Pea Soup/ SF Cracker Salmon Boat with Pesto Sauce Quinoa Pilaf Mixed Vegetables Canned Pineapple Chunks	Chicken with Potatoes & Pea in Coconut Curry Sauce Oriental Vegetables Cucumber Salad Fruited Gelatin	Beef Fajita Fajita Vegetables Pinto Beans Tortilla Salsa Fresh Fruit	<u><b>Western Day</b></u> BBQ Mc Rib Coleslaw Boston Bean WW Bun Watermelon
24	25	26 	27	28
Cream of Spinach / SF Crackers Turkey Sandwich Shredded Lettuce and Tomato Bow Tie Pasta Whole Wheat Bread Fresh Fruit	<u><b>TASC SPONSORED PIZZA PARTY</b></u> <b>PIZZA SALAD CAKE &amp; ICE CREAM</b> 	Pork Chile Verde , Corn, Lima Beans, Peas & Carrots , Pinto Beans, Corn Tortilla , Canned Pineapple Chunks	Meatballs with Marinara Sauce over Linguine, Italian Vegetables, Breadstick, Italian Ice, Diet:Diet Dessert	Pasta with Butternut Squash, Feta cheese and Beef Strips, Broccoli and Pepper Salad, Mini Muffin/Promise Trifle, Diet:Diet Trifle
<b>Suggested Donation - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>				
<p>All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 &amp; the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency &amp; 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.</p> <p>Sugar free Desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Indicates sodium content over 1,000 mg.</p> <p>*indicates a special event or Holiday and the menu <b>MAY</b> exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides &gt;550 calories. Please note condiments are not analyzed and may increase sodium.</p> <p style="text-align: center;"><a href="http://www.SeniorServ.org">www.SeniorServ.org</a></p>				