



### Senior Lunch Sites – January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 – \$3.50</b>				1  <b>Happy New Year!</b>  <b>Community SeniorServ Closed!</b> ☆
4 ☆	5	6	7	8
<b>Hotdog on Wheat Bun w/ Relish/ Onion /Ketchup</b> Potato Salad Baked Beans Applesauce	<b>Corn Chowder/ Crackers</b> <b>Meatballs w/ Hawaiian Sauce</b> Egg Noodles 4 Way Salad w/ Honey-Sesame Dressing Fruit Salad	<b>Cream of Spinach Soup/ Crackers</b> <b>Sliced Turkey Sandwich on Wheat Bread</b> Lettuce/Tomato/ Mayonnaise Macaroni Salad Sliced Pears	<b>Tortilla Soup/ Crackers</b> <b>Beef Taco Salad w/Chips /Sour Cream/Taco Sauce/Cheese</b> Lettuce& Tomato Spanish Rice Fresh Fruit	<b>Chicken Cacciatore</b> Fettuccini Broccoli Dark Grain Roll Vanilla Pudding <i>*Diet Vanilla Pudding</i>
11	12	13 ☆	14	15
<b>Split Pea Soup/ Crackers</b> <b>Meatloaf w/ Brown Gravy</b> Scalloped Potatoes 7 Grain Roll Canned Fruit	<b>Chicken Curry</b> Cilantro Rice Carrot Coins Wheat Roll Fresh Fruit	<b>Sloppy Joe on Bun</b> Potato Wedges Coleslaw Assorted Cookie <i>*Diet Cookie</i>	<b>Gumbo Soup/ Crackers</b> <b>Ms. Friday's Fish w/ Tartar Sauce</b> Baby Baker's Potatoes Whole Wheat Roll Mandarin Oranges	<b>Beef-A-Roni</b> Garden Salad w/ Thousand Island Dressing Cauliflower Florets Soft Breadstick Fruit Cocktail
18	19	20 ☆	21	22
<b>Martin Luther King Day Menu</b> <b>BBQ Chicken Sandwich</b> Potato Salad Chuckwagon Corn Assorted Cake <i>*Diet Cake</i>	<b>Cream of Celery Soup/ Crackers</b> <b>Turkey Pot Roast w/ Gravy</b> Mashed Potatoes Wheat Roll Tropical Fruit Salad	<b>Macaroni &amp; Cheese</b> 4 Way Salad w/ Ranch Dressing Soft French Roll Seasonal Fresh Fruit	<b>Chicken w/ Pesto Sauce &amp; Linguine Pasta</b> Winter Mix Veg. Soft Breadstick Sliced Peaches	California Cream Soup/ Crackers <b>Cheeseburger on Bun w/ Lettuce/ Tomato/Onion Relish/Ketchup</b> Potato Wedges Assorted Pudding <i>*Diet Pudding</i>
25	26	27	28 ☆	29
<b>BBQ Pork Rib</b> Baked Beans Carrot Raisin Salad w/ Ranch French Roll Apicots	<b>Beef Stew</b> Green Salad w/ Ranch Dressing Cornbread Fruit Salad	<b>Chicken Tetrizzini</b> Tri-color Rotelli California Blend Vegetables Fresh Fruit	<b>Spaghetti w/ Meatsauce/ Parmesan Cheese</b> Green Salad w/ Italian Dressing Sourdough Roll Pineapple Chunks	Cream of Broccoli Soup/Crackers <b>Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes Wheat Roll Canned Fruit

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & 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. Please see your Site Manager for menu changes. 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. All \* desserts are *Sugar-Free*. 1% milk served daily. ☆ Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.