











Senior Lunch Menu – JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED 	Swedish Meatballs w/Gravy Egg Noodles Whole Baby Carrots Wheat Roll Fresh Fruit	Chili Con Carne with Onion/Shredded Cheese Garden Green Salad w/ Ranch Dressing Corn Muffin Fruit Salad 	Mexican Corn Soup w/Crackers Fish Vera Cruz Rice Pilaf Wheat Roll Lemon Pudding <i>Diet: Diet Pudding</i>	Roast Turkey w/Gravy Mashed Potatoes Squash Medley Cranberry Sauce Parker House Roll Chocolate Chip Cookies <i>Diet: Diet Cookies</i>
9	10	11	12	13
Homemade Macaroni and Cheese Peas and Pearl Onions Stewed Tomatoes w/Croutons Fresh Fruit	Chicken Cacciatore Penne Pasta Broccoli Wheat Roll Tropical Fruit Mix 	2 Soft Beef Tacos Lettuce/Cheese/Salsa Fiesta Vegetables Mexican Rice Flour Tortillas Custard <i>Diet: Diet Custard</i>	Cream of Broccoli Soup w/Crackers Stuffed Salmon Boat w/Sauce Rice Pilaf Whole Wheat Roll Oatmeal Cookies <i>Diet: Diet Cookies</i> Orange Juice 	Baked Ham w/Fruit Glaze Sweet Potatoes Mixed Vegetables Wheat Bread Fruit Salad 
16	17	18	19	20
Martin Luther King Jr. Day BBQ Pork Rib on Bun Potato Salad Coleslaw Cherry Pie <i>Diet: Diet Pie</i>	Vegetable Soup w/Crackers Turkey and Cheese Sandwich Lettuce/Tomato Carrot Raisin Salad Hoagie Roll Melon 	Macaroni and Beef Casserole Spinach Salad w/ Vinaigrette Salad Carrots Wheat Roll Fruit Cup	Chicken a la King Egg Noodles Mixed Vegetables Wheat Roll Fresh Fruit	Cream of Spinach Soup w/Crackers Salisbury Steak w/ Mushroom Sauce Mashed Potatoes Wheat Roll Pistachio Pudding <i>Diet: Diet Pudding</i>
23	24	25	26	27
Chinese New Year Celebration Sweet and Sour Chicken Steamed Rice Oriental Blend Vegetables Mandarin Orange Fortune Cookie <i>Diet: Diet Cookie</i>	Minestrone Soup w/ Crackers Cheese Ravioli with Meat Sauce Caesar Salad w/ Caesar Dressing French Roll Fruit Salad	Beef Hot Dog Whole Bun Diced Onions Potato Wedge Coleslaw Fresh Fruit	Home-made Beef Stew 4-way Salad w/Italian Dressing Winter Blend Vegetables Corn Muffin Apple Crisp <i>Diet: Diet Apple Crisp</i>	Pork Loin Roast w/ Gravy Brown Rice Peas and Carrots Wheat Roll Tropical Fruit Mix
30	31			
Hamburger Whole Wheat Bun Lettuce/Tomato/Onion Potato Wedge Cucumber Salad Chocolate Pudding <i>Diet: Diet Pudding</i>	BIRTHDAY PARTY Teriyaki Chicken Brown Rice Oriental Blend Vegetables Canned Peaches	Tustin Senior Center Lunch is served at NOON		Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50

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. 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