



**Senior Lunch Menu – January 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><i>Closed for the Holiday</i></p> 	<p><b>Welcome 2017</b></p> <p>Stuffed Cabbage Roll Mashed Potatoes 3 Way Salad with Dressing Parker House Roll Peach &amp; Pear Fruit Mix Combo</p>	<p>Swedish Meatballs w/Egg Noodles Seasoned Broccoli Florets Whole Grain Bread Orange Juice Sugar Free Cookie</p>	<p>Egg Drop Soup w/Salt Free Crackers Stir Fry Pork w/Vegetables Quinoa Pilaf Orange-Pineapple Juice Sugar Free Pudding</p>	<p><b>Vegetarian Day</b> Entrée Salad Mixed Vegetables w/Diced Beets, Cucumbers, Feta Cheese, Corn and Black Beans Whole Wheat Dinner Roll Melon</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>Holly Farm Chicken Coleslaw Carrot &amp; Raisin Salad Low Fat Yogurt topped w/Blueberries</p>	<p>Pork Chili Verde Spanish Rice Pinto Beans Whole Wheat Tortilla Fresh Orange</p>	<p>Tomato Plum Soup w/Salt Free Crackers ½ Tuna Salad on Whole Grain Bread Broccoli Salad Sugar Free Butterscotch Pudding</p>	<p><b>Vegetarian Day</b> Vegetarian Lasagna California Salad Breadsticks  Melon</p>	<p>Butternut Squash Soup w/Salt Free Crackers Winter Chicken Salad w/Citrus and Celery Whole Wheat Dinner Roll Fruit Delight</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>MLK Day</b> Pork McRib Sandwich With BBQ Sauce Coleslaw Chuck Wagon Corn Whole Wheat Bun Fresh Fruit</p>	<p><b>Vegetarian Day</b> Cottage Cheese &amp; Fruit on top Fresh Spinach Whole Grain Bread Pineapple Chunks Pear Halves &amp; Orange Slices Assorted Cookie</p>	<p>Minestrone Soup w/Salt Free Crackers Metropolitan Cobb Salad (Chicken, Crumbled Feta Cheese on top Chopped Salad w/Tomatoes, Diced Eggs), Dressing Whole Grain Bread Melon</p>	<p>Brunswick Stew Spinach Salad w/Cranberries &amp; Sliced Almonds w/Dressing Whole Wheat Dinner Roll Cake</p>	<p>Potato Crusted Pollack Bowtie Pasta w/Cherry Tomatoes w/Lemon Dressing Whole Grain Bread Orange Juice Diet: Banana Pudding</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>Entrée Salad Chopped Vegetables &amp; Couscous Salad w/Sliced Beef &amp; Dressing Mini Blueberry Muffin Reduced Sugar Apple Crisp</p>	<p>Beef Stroganoff over Egg Noodles Seasoned Baby Carrots Whole Grain Bread Orange Juice  Sugar Free Cookie</p>	<p>Turkey Taco Bowl w/Shredded Carrots, Chopped Tomatoes, Light Sour Cream, Red Cabbage, Salsa Whole Wheat Tortilla Chips  Cantaloupe</p>	<p>Vegetable Soup w/Salt Free Crackers Stuffed Salmon Boat w/Newburg Sauce Seasoned Brussels Sprouts Fruited Gelatin w/Mandarin Oranges</p>	<p>Cream of Celery Soup w/Salt Free Crackers Grilled Chicken Sandwich w/Lettuce &amp; Tomato Whole Wheat Bun Winter Vegetables Salad Fresh Fruit</p>
<b>30</b>	<b>31</b>			
<p>Tortilla Soup w/Tortilla Strips Taco Salad (Ground Beef, Tomatoes, Cheese, Corn, Black Beans, Bell Peppers) Flour Tortilla Sugar Free Custard</p>	<p>Sweet &amp; Sour Chicken Brown Rice Oriental Vegetable Blend Mandarin Oranges</p>		<p><b>Suggested Donation - \$3.00</b></p> <p><b>Meal Cost for Under Age 60 - \$5.00</b></p>	<p>Sponsored by:</p>  <p>Alignment Healthcare</p>

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.

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