



Monday	Tuesday	Wednesday	Thursday	Friday
	Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50			1 Vegetarian Lasagna Tossed Green Salad w/Italian Dressing Garlic Breadstick Chunky Fruit Salad Orange Juice
4 	5 	6	7	8
Minestrone Soup w/Crackers Spaghetti w/Meatballs Steamed Zucchini Sourdough Roll Chocolate Cake Apple Juice	Chinese Corn Soup Teriyaki Chicken Steamed Rice Oriental Blend Vegetables Fresh Fruit	Beef Stroganoff On Wide Egg Noodles Peas and Carrots Wheat Roll Cookies Orange Juice	Spring Brunch! Cheese Omelet Potatoes O'Brian Fruited Muffin Fresh Fruit Ambrosia 	Barbeque Chicken Baked Beans Coleslaw Parker House Roll Fresh Fruit
11	12 	13 	14	15
Cheese Enchiladas Spanish Rice Pinto Beans Green Salad w/Ranch Fresh Fruit	Butternut Squash Soup Roast Pork w/Apricot Glaze Capri Blend Vegetables Scalloped Potatoes Wheat Roll Assorted Pie Orange Juice	Tomato Soup w/Crackers Turkey Sandwich w/Lettuce and Tomato on Wheat Bread Carrot Raisin Salad Baked Chips Lemon Tart	Beef Pot Roast w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fresh Fruit Apple Juice	Breaded Fish w/Tartar Sauce Orzo Steamed Baby Carrots Wheat Roll Ice Cream and Fig Bar Orange Juice
18	19	20	21	22
Cauliflower Soup Meatloaf w/Gravy Peas and Carrots Mashed Potatoes Wheat Roll Pudding	Curry Chicken Steamed Rice Cucumber Salad w/Dill Dressing and Garbanzo Beans Fresh Fruit	Beef Stew Tossed Green Salad w/Honey Sesame Dressing Steamed Squash Wheat Roll Fresh Fruit	Layered Three Bean Casserole Spanish Rice Tomato, Onion, and Cucumber Salad Cornbread Muffin  Banana Bars	New England Clam Chowder Stuffed Salmon Rosemary Redskin Potatoes Peas and Onions Dinner Roll Lemon Cake
25	26	27	28	29 
Ham w/Pineapple Sauce Mashed Potatoes Chef's Cut Vegetables Parker House Roll Chocolate Cream Pie	Fettuccine Alfredo w/Chicken Steamed Spinach Wheat Roll Fruited Jello <i>Diet Fruited Jello</i> Cranberry Juice	Philly Cheese steak w/Beef, Bell Peppers, and Cheese on a Hoagie Roll Mixed Salad w/Honey Sesame Dressing Potato Wedges Fresh Fruit	Birthday Party Broccoli Beef (Beef Strips w/Steamed Broccoli) Steamed rice Hawaiian Roll Cake	Mexican Corn Soup Chile Relleno Casserole  Garden Salad w/Ranch Pinto Beans Flour Tortilla Custard

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.
of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls



Has 1,000 mg or more