



Senior Lunch Menu –December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50			1 2 Soft Beef Tacos Lettuce/Cheese/ Salsa Fiesta Vegetables Mexican Rice Flour Tortillas Melon	2 Cream of Broccoli Soup w/Crackers Stuffed Salmon Boat w/Sauce Rice Pilaf Whole Wheat Roll Oatmeal Cookies Orange Juice
5 BBQ Pork Rib Sandwich Corn Broccoli Hamburger Bun Tropical Fruit Mix	6 Cream of Spinach Soup w/Crackers Salisbury Steak w/Mushroom Gravy Mashed Potatoes Wheat Bread Lemon Pudding	7 Vegetable Soup w/Crackers Chicken Marsala Brown Rice Wheat Roll Fresh Fruit	8 Birthday Celebration Macaroni and Beef Casserole Spinach Salad w/ Vinaigrette Dressing Carrots Wheat Roll Cake	9 Chicken a La King Wide Egg Noodle Mixed Vegetables Sourdough Roll Fruit Pie Pineapple Juice
12 Beef Hot Dog on Wheat Bun Potato Wedge Coleslaw Diced Onions Tropical Fruit Mix	13 Minestrone Soup w/Crackers Cheese Ravioli w/ Meat Sauce Caesar Salad w/ Caesar Dressing Country French Bread Fresh Fruit 	14 Holiday Celebration Chicken Cordon Bleu Rosemary Redskin Potatoes French Cut Green Beans Wheat Roll Holiday Dessert	15 Pork Loin Roast w/ Gravy Brown Rice Peas and Carrots Whole Wheat Roll Applesauce Pineapple Juice	16 Home-made Beef Stew 4-way Salad w/Italian Dressing Winter Blend Vegetables Corn Muffin Chocolate Pudding
19 Fish w/Mango Sauce Green Rice Carrots Wheat Roll Butterscotch Pudding	20 Baked Meatloaf w/ Gravy Home-Style Mashed Potatoes California Blend Vegetables Wheat Roll Fruit Mix	21 Chicken Teriyaki Steamed Rice Oriental Blend Vegetables Almond & Fortune Cookie Orange Juice	22 Hamburger on Whole Wheat Bun w/Lettuce/Tomato/ Onions Potato Wedge Cucumber Salad Chilled Peaches	23 PIZZA DAY 
26 CLOSED 	27 CLOSED 	28 CLOSED 	29 CLOSED 	30 CLOSED 

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. 1% milk served daily. Has 1,000 mg or more of sodium.  Low Cholesterol, 0% transfat buttery spread served with bread and rolls