



## Senior Lunch Sites – December 2010

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3 
	<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 - \$3.50</b>	<b>BBQ Pork Rib</b> Chuckwagon Corn Spring Mix Salad w/ Italian Dressing Fresh Fruit Corn Bread	Tomato Soup w/Crackers <b>Salisbury Steak            w/Mushroom Gravy</b> Mashed Potatoes Wheat Bread Fresh Fruit	<b>Chicken Cacciatore</b> Fettuccine Zucchini Sourdough Roll Apple Crisp
6 	7	8	9 	10
<b>Cheeseburger on Bun</b> w/Lettuce, Tomato, and Onion Coleslaw French Fries Fresh Fruit	Mexican Corn Soup w/Crackers <b>Beef Fajitas</b> w/Sour Cream and Salsa Corn Tortillas Pineapple Chunks	<b>Pork Loin Roast            w/Gravy</b> & Applesauce Sweet Potato Casserole w/Marshmallow Broccoli Wheat Roll Angel Food Cake w/Whipped Topping	<b>Birthday Party</b> Minestrone Soup w/Crackers <b>Chicken Marsala</b> Penne Pasta Garlic Breadstick Garden Salad w/Italian Dressing Cake	<b>Mac and Beef            Casserole</b> California Vegetable Blend Green Salad w/Dressing Wheat Roll Peach Crisp Apple Juice
13	14 	15	16	17
Hearty Vegetable Soup <b>Stir Fried Chicken</b> W/Stir Fried Vegetables Steamed Rice Hawaiian Roll Assorted Jello Orange Juice	Tomato Rice Soup w/Crackers <b>Baked Meatloaf            w/Gravy</b> Mashed Potatoes Wheat Roll Fruit Cup	<b>Holiday Celebration</b> <b>Chicken Cordon Bleu</b> Rosemary Redskin Potatoes French Cut Green Beans Wheat Roll Strawberry Swirl Cheesecake	<b>Baked Fish            w/Creamy Lemon            Sauce</b> Au Gratin Potatoes Peas and Carrots Wheat Roll Melon	Corn Chowder Soup w/Crackers <b>Vegetarian Quiche</b> 4 Way Tossed Salad w/1000 Island Dressing Fruited Muffin Fresh Fruit
20	21	22	23	24
Lentil Soup w/Crackers <b>Beef Pot Roast            w/Gravy</b> Scalloped Potatoes Broccoli Wheat Bread Tropical Fruit Mix	<b>Chicken w/Creamy            Tarragon Sauce</b> Rice Pilaf Peas and Carrots Wheat Roll Seasonal Fresh Fruit	Farmer's Soup w/Crackers <b>Turkey w/Gravy</b> Cranberry Sauce Mashed Potatoes Wheat Roll Bread Pudding	<b>Spaghetti w/Beef            Bolognese Sauce</b> w/Parmesan Cheese Italian Blend Vegetables Garlic Breadstick Chocolate Pudding Cranberry Juice	<b>Christmas Eve            Closed!</b>  
27	28	29	30	31
Westminster Senior Center Closed	Westminster Senior Center Closed	Westminster Senior Center Closed	Westminster Senior Center Closed	<b>New Years Eve            Closed!</b>  

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