



Senior Lunch Site – July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Suggested Donation - \$2.50 Meal Cost for Under Age 60 – \$ 3.50			Independence Day! Hamburger on Whole Wheat Bun Potato Salad Coleslaw Condiments: Shredded Lettuce, Tomatoes, Onions Watermelon	Chicken Marsala Penne Pasta Brussels Sprouts Whole Wheat Roll Assorted Cake
5	6	7	8	9
Westminster Senior Center Closed	Turkey and Cheese Sandwich on Whole Grain Bread Carrot and Raisin Salad Macaroni Salad Jello	Summer Salad Day Farmer Soup/Crackers BBQ Chicken Salad BBQ chicken on a bed of 5 - Way Salad Whole Wheat Roll Chunky Fruit Mix	Baked Meatloaf with Brown Gravy Tri-Color Potatoes Country Blend Vegetables Whole Grain Bread Diced Pear	Egg Drop Soup with Crackers Chicken w/ Polynesian Sauce on Steamed Rice Japanese Blend Vegetables Assorted Pudding
12	13 	14	15 	16
Roast Pork with Gravy Sweet Potato Casserole Green Beans Whole Wheat Roll Chilled Applesauce	Hot Dog on Wheat Bun Macaroni Salad Broccoli Slaw Condiments: Onion Relish/Ketchup Fruit Cup	Chicken Diane Rice Pilaf California Blend Vegetables Whole Wheat Roll Mandarin Orange	Spaghetti and Meatballs/Marinara Sauce Italian Blend Veg. Sourdough Roll Angel Food Cake with Topping	Zuni Corn Soup/Crackers Open-Faced Turkey Sandwich w/Gravy Mashed Potatoes Peas and Carrots Whole Grain Bread Fresh Fruit
19	20	21	22 	23 
Beef Fajitas with Fajitas Vegetables Sour Cream Spanish Rice Flour Tortilla Fruit Salad	Honey Glazed Chicken Garlic Rice Summer Blend Vegetables Whole Wheat Roll Assorted Pudding	Summer Salad Day Cream of Broccoli /Crackers Chef's Salad ((Ham, turkey, shredded cheese, Cherry Tom Italian Dressing Parker House Roll Fresh Melon	Birthday Party Pork Chili Verde Black Beans Capri Blend Vegetables Flour Tortilla Cake	Vegetarian Lasagna Tossed Green Salad with Ranch Salad Dressing Sourdough Roll Cake
26	27	28	29 	30
Roasted Corn Soup / Crackers Roast Beef with Provolone Cheese on French Roll Three Beans Salad Assorted Cookie	Breaded Fish with Tartar Sauce Scalloped Potatoes Carrot Coins Whole Wheat Roll Chunky Fruit Mix	Cheeseburger on Whole Wheat Bun Red Potato Salad Coleslaw Shredded Lettuce, Tomatoes & Onions Condiment: Ketchup Juicy Watermelon	Holly Farm Chicken  Vegetable Rice Scandinavian Vegetables Blend Whole Wheat Roll Fresh Fruit	BBQ Beef Ribs Mashed Potatoes Broccoli Whole Grain Bread Sliced Peaches

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 Senior Serv's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. 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  indicates 1, 000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.