



Senior Lunch Site – June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Spaghetti with Meatballs & Marinara Sauce Broccoli Breadsticks Fresh Fruit	Roast Pork w/ Gravy Sweet Potato Casserole w/ Marshmallow Green Beans Corn Muffin Chilled Applesauce	Open-Faced Turkey Sandwich w/ Gravy Mashed Potatoes Peas and Carrots Whole Wheat Bread Fruit Cup	Zuni Corn Soup/Crackers Chicken Diane Rice Pilaf California Blend Vegetables Wheat Roll Angel Food Cake with Topping
7	8	9	10	11
Beef Fajitas w/ Fajita Vegetables Spanish Rice Flour Tortilla Sour Cream Pineapple Chunks	Honey Glazed Chicken Garlic Rice Brussels Sprouts Whole Wheat Roll Fresh Melon	Salisbury Steak w/ Mushroom Sauce Mashed Potatoes Broccoli Whole Grain Roll Cake	Pork Chili Verde Black Beans Chuckwagon Corn Flour Tortilla Pear Halves	Minestrone Soup/Crackers Vegetarian Lasagna Tossed Green Salad w/ Ranch Dressing Sourdough Roll Assorted Pudding
14	15	16	17	18
Chicken Chow Mein Brown Rice Oriental Stir Fried Vegetables Mandarin Orange	Breaded Pollock w/ Tartar Sauce Scalloped Potatoes Whole Baby Carrots Whole Wheat Roll Jello	Mostaccioli w/ Meat Sauce Peas and Carrots Green Salad with Italian Salad Dressing Dinner Roll Tropical Fruit Mix	FATHER'S DAY CELEBRATION! Roast Beef w/ Gravy Rosemary Potatoes Chef Cut Vegetables Parker House Roll Apple Pie	Holly Farm Chicken 5-Way Mix Vegetables Macaroni Salad 7 Grain Roll Fresh Melon
21	22	23	24	25
Meatball Stroganoff On Wide Egg Noodles Mixed Vegetables Wheat Roll Fruit Salad	California Cream Soup w/ Crackers Chicken Salad Sandwich Coleslaw Tapioca Pudding	Roast Turkey w/ Gravy Stuffing Broccoli Florets Wheat Roll Watermelon	Birthday Party Stuffed Cabbage Roll Mashed Potatoes Green Salad w/ Tomato T. Island Dressing Wheat Roll Cake	Sweet and Sour Pork Steamed Rice Capri Blend Vegetables Hawaiian Roll Peach Halves
28	29	30		
Beef Pot Roast w/ Gravy Mashed Potatoes Green Salad w/ Ranch Dressing Wheat Roll Fresh Melon	CIRCUS DAY! Chili Cheese Dog With Onion Crinkle Cut Potatoes Coleslaw Animal Crackers	Farmers Soup/ Crackers Tuna Salad on Wheat Bread Marinated California Salad Butterscotch Pudding		Suggested Donation - \$2.50 Meal Cost for Under Age 60 – \$ 3.50

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 1,200 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.

