



Senior Lunch Sites – January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
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Suggested Donation - \$2.50 Meal Cost for Under Age 60 – \$3.50				Happy New Year! Westminster Senior Center Closed! ☆
4 ☆	5	6	7	8
Hotdog on Wheat Bun w/ Relish/ Onion /Ketchup Potato Salad Baked Beans Applesauce	Corn Chowder/ Crackers Meatballs w/ Hawaiian Sauce Egg Noodles 4 Way Salad w/ Honey-Sesame Dressing Fruit Salad	Cream of Spinach Soup/ Crackers Sliced Turkey Sandwich on Wheat Bread Lettuce/Tomato/ Mayonnaise Macaroni Salad Sliced Pears	Tortilla Soup/ Crackers Beef Taco Salad w/Chips /Sour Cream/Taco Sauce/Cheese Lettuce& Tomato Spanish Rice Fresh Fruit	Chicken Cacciatore Fettuccini Broccoli Dark Grain Roll Vanilla Pudding
11	12	13 ☆	14	15
Split Pea Soup/ Crackers Meatloaf w/ Brown Gravy Scalloped Potatoes 7 Grain Roll Canned Fruit	Chicken Curry Cilantro Rice Carrot Coins Wheat Roll Fresh Fruit	Sloppy Joe on Bun Potato Wedges Coleslaw Assorted Cookie	Gumbo Soup/ Crackers Ms. Friday's Fish w/ Tartar Sauce Baby Baker's Potatoes Whole Wheat Roll Mandarin Oranges	Beef-A-Roni Garden Salad w/ Thousand Island Dressing Cauliflower Florets Soft Breadstick Fruit Cocktail
18	19	20 ☆	21	22
Martin Luther King Day Menu BBQ Chicken Sandwich Potato Salad Chuckwagon Corn Assorted Cake	Cream of Celery Soup/ Crackers Turkey Pot Roast w/ Gravy Mashed Potatoes Wheat Roll Tropical Fruit Salad	Macaroni & Cheese 4 Way Salad w/ Ranch Dressing Soft French Roll Seasonal Fresh Fruit	Chicken w/ Pesto Sauce & Linguine Pasta Winter Mix Veg. Soft Breadstick Sliced Peaches	California Cream Soup/ Crackers Cheesburger on Bun w/ Lettuce/ Tomato/Onion Relish/Ketchup Potato Wedges Assorted Pudding
25	26	27	28 ☆	29
BBQ Pork Rib Baked Beans Carrot Raisin Salad w/ Ranch French Roll Apicots	Beef Stew Green Salad w/ Ranch Dressing Cornbread Fruit Salad	Chicken Tetrizzini Tri-color Rotelli California Blend Vegetables Fresh Fruit	Birthday Party Spaghetti w/ Meatsauce/ Parmesan Cheese Green Salad w/ Italian Dressing Sourdough Roll Cake	Cream of Broccoli Soup/ Crackers Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Wheat Roll Canned Fruit

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