



## Senior Lunch Menu – JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>CLOSED</b>	<b>Swedish Meatballs w/Gravy</b> Egg Noodles Whole Baby Carrots Wheat Roll Fresh Fruit	<b>Chili Con Carne with Onion/Shredded Cheese</b> Garden Green Salad w/ Ranch Dressing Corn Muffin Fruit Salad 	Mexican Corn Soup w/Crackers <b>Fish Vera Cruz</b> Rice Pilaf Wheat Roll Lemon Pudding	<b>Roast Turkey w/Gravy</b> Mashed Potatoes Squash Medley Cranberry Sauce Parker House Roll Chocolate Chip Cookies
				
9	10	11	12	13
<b>Homemade Macaroni and Cheese</b> Peas and Pearl Onions Stewed Tomatoes w/Croutons Fresh Fruit	<b>Chicken Cacciatore</b> Penne Pasta Broccoli Wheat Roll Tropical Fruit Mix 	<b>2 Soft Beef Tacos</b> Lettuce/Cheese/Salsa Fiesta Vegetables Mexican Rice Flour Tortillas Custard	Cream of Broccoli Soup w/Crackers <b>Stuffed Salmon Boat w/Sauce</b> Rice Pilaf Whole Wheat Roll Oatmeal Cookies Orange Juice	<b>Baked Ham w/Fruit Glaze</b> Sweet Potatoes Mixed Vegetables Wheat Bread Fruit Salad 
16	17	18	19	20
<b>Martin Luther King Jr. Day</b> <b>BBQ Pork Rib on Bun</b> Potato Salad Coleslaw Cherry Pie	Vegetable Soup w/Crackers <b>Turkey and Cheese Sandwich</b> Lettuce/Tomato Carrot Raisin Salad Hoagie Roll Melon 	<b>Macaroni and Beef Casserole</b> Spinach Salad w/ Vinaigrette Carrots Wheat Roll Fruit Cup	<b>Chicken a la King</b> Egg Noodles Mixed Vegetables Wheat Roll Fresh Fruit	Cream of Spinach Soup w/Crackers <b>Salisbury Steak w/ Mushroom Sauce</b> Mashed Potatoes Wheat Roll Pistachio Pudding
23	24	25	26	27
<b>Chinese New Year Celebration</b> <b>Sweet and Sour Chicken</b> Steamed Rice Oriental Blend Vegetables Mandarin Orange Fortune Cookie	Minestrone Soup w/ Crackers <b>Cheese Ravioli with Meat Sauce</b> Caesar Salad w/ Caesar Dressing French Roll Fruit Salad	<b>Beef Hot Dog</b> Whole Bun Diced Onions Potato Wedge Coleslaw Fresh Fruit	<b>Birthday Celebration Home-made Beef Stew</b> 4-way Salad w/Italian Dressing Winter Blend Vegetables Corn Muffin Apple Crisp	<b>Pork Loin Roast w/ Gravy</b> Brown Rice Peas and Carrots Wheat Roll Tropical Fruit Mix
30	31			
<b>Hamburger</b> Whole Wheat Bun Lettuce/Tomato/Onion Potato Wedge Cucumber Salad Chocolate Pudding	<b>Teriyaki Chicken</b> Brown Rice Oriental Blend Vegetables Canned Peaches			<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 - \$3.50</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