



## Senior Lunch Sites – July 2011

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<p><b>Suggested Donation - \$2.50</b></p> <p><b>Meal Cost for Under Age 60 - \$3.50</b></p>				<p><b>Barbeque Chicken</b> Baked Beans Coleslaw Parker House Roll Fresh Fruit</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>Happy Independence Day!</b> Senior Center Closed</p> 	<p>Lentil Soup w/Crackers <b>Roast Pork w/Apricot Glaze</b> Capri Blend Vegetables Scalloped Potatoes Wheat Roll Assorted Pie Orange Juice</p>	<p>Tomato Soup w/Crackers <b>Turkey Sandwich</b> w/Lettuce &amp; Tomato on Wheat Bread Carrot Raisin Salad Baked Chips Lemon Tart</p>	<p><b>Beef Pot Roast w/Gravy</b> Mashed Potatoes Green Beans Wheat Roll Fresh Fruit Apple Juice</p>	<p><b>Breaded Fish w/Tartar Sauce</b> Orzo Steamed Baby Carrots Wheat Roll Ice Cream &amp; Fig Bar Pineapple Juice</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>Cauliflower Soup w/Crackers <b>Meatloaf w/Gravy</b> Peas and Carrots Mashed Potatoes Wheat Roll Pudding</p>	<p><b>Curry Chicken</b> Steamed Rice Cucumber/Garbanzo Bean Salad w/Dill Dressing Fresh Fruit</p>	<p><b>Beef Stew</b> Tossed Green Salad w/Honey Sesame Dressing Assorted Squash Wheat Roll Fresh Fruit</p>	<p><b>Cheese Enchiladas w/Salsa</b> Spanish Rice Pinto Beans Green Salad w/Ranch Banana Bars</p>	<p><b>Beef Hot Dog on Wheat Bun</b> w/Onion Baked Beans Red Cabbage Salad Peach Crisp</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>Broccoli Beef</b> (Beef Strips w/Broccoli) Steamed Rice Hawaiian Roll Fresh Fruit</p>	<p><b>Fettuccine Alfredo w/Chicken</b> Spinach Wheat Roll Fruited Jello Apple Juice</p>	<p>Mexican Corn Soup w/Crackers <b>Chile Relleno Casserole</b> Garden Salad w/Ranch Pinto Beans Flour Tortilla Custard</p>	<p><b>Baked Ham</b> w/Apples and Yams Peas and Pearl Onions Wheat Roll Sliced Pears</p>	<p><b>Philly Cheese Steak Sandwich</b> On Hoagie Roll Salad w/Honey Sesame Dressing Potato Wedges Fresh Fruit</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>California Cream Soup w/Crackers <b>Egg Salad Sandwich on Wheat Bread</b> Spinach Salad w/Raspberry Vinaigrette Fresh Fruit</p>	<p><b>Cheese Omelet</b> Potatoes O'Brian Fruited Muffin Ambrosia Fresh Fruit</p>	<p>Tortilla Soup w/Tortilla Strips <b>Chicken Fajitas</b> w/Fajitas Vegetables Salsa Pinto Beans Flour Tortillas Fresh Fruit</p>	<p><b>Birthday Party Hawaiian Pork</b> Steamed Rice Edamame Blend Vegetables Hawaiian Roll Cake</p>	<p><b>BBQ Beef Sandwich</b> On Hoagie Roll Corn Baked Beans Chocolate Mousse Apple juice</p>

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