



### Senior Lunch Sites – March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 ☆
<b>Turkey Pot Roast w/ Gravy</b> Mashed Potatoes Peas & Carrots Wheat Roll Fresh Fruit	Minestrone Soup/ Crackers <b>Chicken w/ Pesto Sauce &amp; Linguine Pasta</b> Scandinavian Veg. Soft Breadsticks Sliced Peaches	California Cream Soup/ Crackers <b>Tuna Salad on Wheat Bread</b> Lettuce Carrot Salad <i>Applesauce</i>	Cream of Celery Soup/ Crackers <b>Sliced Pork w/ Gravy</b> Rice Pilaf Oregon Blend Vegetables Tropical Fruit Salad	<b>Vegetarian Lasagna</b> 4 Way Salad w/ Italian Dressing Soft French Roll Assorted Pudding
8 ☆	9	10	11 ☆	12
<b>BBQ Pork Rib</b> Baked Beans Coleslaw French Roll Fresh Fruit	<b>Chicken Fajita</b> Fajita Vegetables Spanish Rice Flour Tortilla Fruit Salad	<b>Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes California Blend Vegetables Wheat Roll Cookies	Lentil Soup/ Crackers <b>Spaghetti w/ Meatsauce/ Parmesan Cheese</b> Green Salad w/ Italian Dressing Sourdough Roll Assorted Pudding	<b>Mrs. Friday's Fish w/ Tartar Sauce</b> Rosemary Red Potatoes Garden Salad w/ Ranch Dressing Wheat Roll Fresh Fruit
15 ☆	16	17 ☆	18	19
<b>Chile Verde/ Sour Cream</b> California Blend Vegetables Spanish Rice Flour Tortilla Applesauce	Corn Chowder / Crackers <b>Meatballs w/ Swedish Sauce on Egg Noodles</b> Mixed Vegetables Sourdough Roll Apricots	<b>St. Patrick's Day Corned Beef &amp; Cabbage</b> Whole Baby Potatoes Carrots Rye Bread Shamrock Dessert	<b>Breaded Chicken Patty on Hoagie Roll</b> Lettuce, Tomato, Mayonnaise Coleslaw Salad Pineapple Chunks	<b>Cheese Omelet with Salsa</b> Potatoes O'Brien Biscuit with Gravy Spinach Salad with Italian Dressing Melon
22	23	24	25 ☆	26
<b>Sweet and Sour Pork on Rice</b> Oriental Vegetable Blend Mandarin Oranges	<b>Chili Con Carne w/ Onion &amp; Cheese</b> Green Salad w/ Ranch Dressing Cornbread Fresh Fruit	Minestrone ☆ Soup/Crackers <b>Three Meat Lasagna</b> Primavera Mix Salad w/ Italian Dressing Soft Breadstick Fruit Mix	<b>Birthday Party Chicken Breast w/ Herb Gravy</b> Mashed Potatoes Capri Blend Veg. Whole Wheat Roll Cake	<b>Stuffed Salmon w/ Sauce</b> Au Gratin Potatoes Whole Baby Carrots Whole Wheat Roll Cookie
29 ☆	30 ☆	31		
<b>Hot Dog on Wheat Bun w/ Relish/ Onion /Ketchup</b> Potato Salad Baked Beans Diced Apple	Vegetable Soup w/ Crackers <b>Meatballs w/ Hawaiian Sauce</b> Egg Noodles 4 Way Salad w/ Honey-Sesame Dressing Fruit Salad	<b>Sliced Turkey w/ Gravy</b> Canned Yams Blended Vegetables Wheat Roll Sliced Pears		  <b>National Nutrition Month</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. 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.