



### Senior Lunch Sites –November 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Hearty Vegetable Soup/Crackers <b>Stir Fried Chicken</b> with Stir Fried Vegetables Steamed Rice Almond Jello Apple Juice	<b>Baked Lemon Fish</b> Au Gratin Potatoes Peas and Carrots Wheat Bread Melon	Tomato Rice Soup/Crackers <b>Baked Meatloaf w/gravy</b> Mashed Potatoes Whole Grain Roll Fruit Cup	<b>Meat Lasagna</b> Italian Blend Vegetables Caesar Salad w/Dressing Sourdough Roll Butterscotch Brownie Orange Juice	Corn Chowder Soup w/Crackers <b>Vegetarian Quiche</b> 4-Way Tossed Salad w/1000 Island Drsg Fruited Muffin Fresh Fruit
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Lentil Soup w/ Crackers <b>Beef Pot Roast w/Gravy</b> Red Potatoes Broccoli Wheat Bread Tropical Fruit Mix	<b>Chicken w/Creamy Tarragon Sauce</b> Rice Pilaf Scandinavian Blend Vegetables Wheat Roll Seasonal Fresh Fruit	<b>Roast Beef w/Gravy</b> Scalloped Potatoes Peas and Carrots Parker House Roll Fruit Pie	<b>Veteran's Day!</b> Farmers Soup w/Crackers <b>Open Faced Hot Turkey Sandwich w/Gravy and Cranberry Sauce</b> Mashed Potatoes Wheat Bread Pineapple chunks	<b>Hamburger on Wheat Bun</b> Onion/ Lettuce/Tomato Potato Salad Cucumber Salad Oatmeal Raisin Cookie Cranberry Juice
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Baked Chicken Breast w/ Herb Sauce</b> Orzo Capri Blend Vegetables Wheat Roll Fresh Fruit	Egg Drop Soup w/Crackers <b>Sweet and Sour Pork On Rice</b> Broccoli/Cauliflower/ Carrots Lemon Bar	<b>Chili Con Carne</b> w/Onion/Shredded Cheese Garden Green Salad Buttermilk Ranch Dressing Cornbread Fresh Fruit	<b>Thanksgiving / B-day Celebration!</b> <b>Turkey w/Dressing</b> Mashed Potatoes w/Gravy Cranberry Sauce Green Beans w/Almond Slices, Wheat Roll Pumpkin Pie w/Whipped topping	<b>Stuffed Salmon w/Sauce</b> Rosemary Redskin Potatoes Whole Baby Carrots Wheat Roll Chunky Fruit Salad
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Swiss Steak w/Gravy</b> Mashed Potatoes California Blend Veg. Wheat Bread Fresh Fruit Orange Juice	<b>Beef Hot Dog on Wheat Bun</b> w/Onion Macaroni Salad Coleslaw Brownie	<b>Thanksgiving Brunch!</b> <b>Cheese Omelet</b> Sausage Patty Potatoes O'Brien Croissant Fresh Melon	<b>Thanksgiving Day!</b> <b>Westminster Senior Center Closed</b>	<b>Day After Thanksgiving Westminster Senior Center Closed</b>
<b>29</b>	<b>30</b>			
Navy Bean Soup w/Crackers <b>Turkey Pot Roast w/Gravy</b> Mashed Potatoes Peas and Carrots Wheat Roll Sliced Peaches Cranberry Juice	<b>Breaded Fish w/Tartar Sauce</b> Rice Pilaf Broccoli Wheat Roll Fruited Gelatin			<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

