



Senior Lunch Sites – October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50			Farmers Soup/ Crackers Meatloaf w/Gravy Scalloped Potatoes Wheat Roll Fruit Salad	Roast Beef w/ Gravy Mashed Potatoes Broccoli Florets Wheat Roll Pineapple Chunks
6	7	8 ☆	9 ☆	10
Stuffed Salmon w/ Sauce Rosemary Redskin Potatoes Carrot Salad Whole Wheat Roll Fruit Mix	NEW! Egg Drop Soup/ Crackers Garlic Pork w/ Broccoli Steamed Rice Country Trio Vegetables Mandarin Oranges	Navy Bean Soup/ Crackers Tuna Salad on Wheat Bread Lettuce/Tomato Macaroni Salad Apricots	Chicken Breast w/ Herb Gravy Mashed Potatoes Capri Blend Vegetables Whole Wheat Roll Chocolate Pudding	Minestrone Soup/ Crackers Three Meat Lasagna Primavera Mix Salad w/ Italian Dressing Soft Breadsticks Assorted Cake
11 ☆	12	13	14	15 ☆
Hotdog on Wheat Bun w/ Onion/ Relish/ Ketchup/ Potato Salad Coleslaw Applesauce	Corn Chowder/ Crackers Meatballs w/ Hawaiian Sauce Egg Noodles 4 Way Salad w/ Honey-Sesame Dressing Fruit Salad	Open-Face Turkey Sandwich w/ Gravy on Wheat Bread Mashed Potatoes Blended Vegetables Sliced Pears	Tortilla Soup/ Crackers Beef Taco Salad w/ Chips/ Sour Cream Taco Sauce/ Cheese Lettuce & Tomato Spanish Rice Flan	Tomato Soup/ Crackers Chicken Sandwich on a Wheat Bun Lettuce/Tomato/ Mayonnaise Potato Wedges Fresh Fruit
16 ☆	17	18	19	20
Cream of Broccoli/ Crackers Meatloaf w/ Brown Gravy Scalloped Potatoes 7 Grain Roll Canned Fruit	Chicken Curry Cilantro Rice Carrot Coins Wheat Roll Fresh Fruit	NEW! Beef-A-Roni Garden Salad w/ Thousand Island Dressing Cauliflower Florets Soft Breadsticks Cookie	Birthday Party Gumbo Soup/ Crackers Ms. Friday's Fish w/ Tartar Sauce Baby Baker's Potatoes Whole Wheat Roll Mandarin Oranges	NEW! October Fest Menu! Bratwurst & Sauerkraut German Potato Salad Rye Bread German Chocolate Cake
21	22 ☆	23	24	25
California Cream Soup/ Crackers Cheesburger on Bun w/ Lettuce/ Tomato/Relish/ Ketchup Potato Wedges Coconut Pudding	Holy Farm Chicken R. Redskin Potatoes 4 Way Salad w/ Honey-Mustard Dressing Soft French Roll Pineapple Chunks	NEW! Cream of Celery Soup/ Crackers Sliced Pork w/ Gravy Rice Pilaf Oregon Blend Vegetables Tropical Fruit Salad	Harvest Party! Turkey Pot Roast w/ Gravy Mashed Potatoes Peas & Carrots Wheat Roll Fresh Fruit	Soba Noodles w/ Meat Sauce Green Salad w/ Ranch Dressing Wheat Roll Assorted Cake

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 Senior Serv'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.