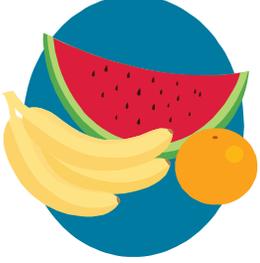


### Senior Lunch Sites – September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>Beef Pot Roast w/ Gravy</b> Mashed Potatoes Green Beans Wheat Roll Applesauce	Corn Chowder/ Crackers <b>Deli-Sandwich on Wheat Bread</b> Lettuce/Tomato/ Mayonnaise Macaroni Salad Sliced Peaches	<b>Chicken &amp; Pork Sausage Jambalaya over Rice</b> 4 Way Salad w/ Ranch Dressing Tropical Fruit Salad	Tortilla Soup/ Crackers <b>Beef Taco Salad w/ Chips, Sour Cream, Taco Sauce &amp; Cheese</b> Lettuce & Tomato Spanish Rice Fresh Fruit
7	8	9 ☆	10	11 ☆
Labor Day Holiday! Senior Center Closed	Lentil Soup/ Crackers <b>Cheesburger on Bun w/ Lettuce/ Onion/Ketchup/ Relish</b> Oven Fries Fruit Mix	<b>Turkey ala King Egg Noodles</b> Zucchini Salad w/ Italian Dressing Wheat Roll Apricots	<b>Meatloaf w/ Brown Gravy</b> Duchess Potatoes California Blend Vegetables Wheat Roll Canned Fruit	<b>Hotdog on Bun w/ Onion/Relish/ Ketchup</b> Baked Beans Potato Salad Apple Crisp
14	15	16	17	18
<b>Ms. Friday's Fish w/ Tartar Sauce</b> Scalloped Potatoes Scandinavian Vegetables Wheat Roll <i>*Gelatin w/ Fruit</i>	<b>Chicken Alfredo w/ Fettuccini Noodles &amp; Sauce</b> California Blend Vegetables Dark Grain Roll Apricots	<b>Spaghetti w/ Sausage Sauce/ Parmesan Cheese</b> Romaine Salad w/ Honey-Sesame Dressing Sourdough Roll Fruit Salad	Cream of Broccoli Soup/Crackers <b>Sweet-Sour Pork on White Rice</b> Oriental Blend Vegetables Banana Pudding	Cream of Celery Soup/ Crackers <b>Quiche w/ Diced Tomato &amp; Zucchini</b> Caesar Salad w/ Dressing/Croutons Wheat Roll Cookie
21	22	23 ☆	24	25
<b>Chicken Marsala</b> Cut Green Beans Orzo w/ Vegetables Soft Italian Breadstick Mandarin Oranges	Navy Bean Soup/ Crackers <b>BBQ Meatball Sandwich on French Roll</b> Coleslaw Vanilla Pudding	<b>Beef Fajitas w/ Vegetables &amp; Sour Cream</b> Spanish Rice Pinto Beans Flour Tortilla Fresh Fruit	<b>Birthday Party Vegetable Lasagna</b> Green Salad w/ Honey-Sesame Dressing Sourdough Roll Cake	<b>Western Day Menu!</b> <b>BBQ Beef</b> Baby Baker's Potatoes Corn Wheat Roll Watermelon
28 ☆	29	30 ☆		
<b>Turkey Pot Roast w/ Gravy</b> Peas & Carrots Rosemary Redskin Potatoes Wheat Roll Assorted Cookie	<b>Beef w/ Mushrooms</b> Egg Noodles Chef Cut Vegetables Wheat Roll Seasonal Fresh Fruit	Egg Drop Soup/ Crackers <b>Kung Pao Chicken</b> Steamed Rice Asian Blend Vegetables Butterscotch Pudding		<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. 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