



Senior Lunch Sites – September 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14 | 15 | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 | |



Suggested Donation - \$2.50
Meal Cost for Under Age 60 - \$3.50

Roasted Corn Soup
Roast Beef/Provolone Cheese Sandwich on French Roll
Marinated Cucumber Salad
Assorted Cookie

Salisbury Steak w/ Mushroom Sauce
Rice Pilaf
Broccoli
Whole Grain Roll
Cake

Labor Day! Hot Dog on Wheat Bun
w/ Onion, Relish & Ketchup
Potato Salad
Watermelon

Labor Day Holiday!
Westminster Senior Center Closed

Pork Chili Verde
Black Beans
Chuckwagon Corn
Flour Tortilla
Fresh Fruit

Farmer's Soup w/ Crackers
Chinese Chicken Salad w/ Lettuce, Crisp Wonton Strips
Asian Dressing
Fruit Muffin
Mandarin Oranges

Breaded Fish
Scalloped Potatoes
Carrots
7 Grain Roll
Fruit Cup

BBQ Pork Rib Sandwich on Wheat Roll
Baked Beans
Capri Blend
Vegetables
Fresh fruit

Meatball Stroganoff on Wide Egg Noodles
Mixed Vegetables
Wheat Roll
Seasonal Fresh Fruit

Tomato Soup w/ Crackers
Chicken Salad Sandwich on Whole Grain Bread
3 Bean Salad
Cake

Stuffed Cabbage Roll
Mashed Potatoes
Tossed Green Salad w/ Ranch Dressing
Parker House Roll
Pineapple Chunks

Mexican Independence Day! Beef Fajitas w/ Fajita Vegetables
Black Beans
Mexican Rice
Flour Tortilla
Flan

Sweet & Sour Pork
Steamed Rice
Capri Blend
Vegetables
Hawaiian Roll
Tropical Fruit Mix

Beef Pot Roast w/ Gravy
Mashed Potatoes
Green Salad w/ Honey Mustard
Wheat Roll
Fresh Fruit

Chicken Chow Mein
Brown Rice
Oriental Stir Fry
Vegetables
Fruit Salad

California Cream Soup w/ Crackers
Tuna Salad on Spring Salad Mix
Whole Wheat Roll
Butterscotch Pudding

Birthday Party Tortilla Soup /Chips Beef Taco Salad w/ Chips
Sour Cream, Taco Sauce, Cheese, Lettuce & Tomato
Spanish Rice
Cake

Western Day! BBQ Beef
Baby Baker's Potatoes
Corn
Wheat Roll
Watermelon

Meatloaf w/ Brown Gravy
Tri-Color Potatoes
Country Blend
Vegetables
Whole Wheat Roll
Fresh Fruit

Turkey & Cheese Sandwich on Croissant
Carrot Raisin Salad
Macaroni Salad
Jello

Italian Soup w/ Crackers
Manicotti w/ Marinara Sauce
Green Salad w/ Italian Dressing
Sourdough Roll
Fresh Fruit

Egg Drop Soup w/ Crackers
Chicken w/ Polynesian Sauce
Steamed Rice
Japanese Blended
Vegetables
Almond & Fortune
Cookie



All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of 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. 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