



Senior Lunch Sites – May 2011

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| California Cream Soup Egg Salad Sandwich on Wheat Bread Spinach Salad w/Champagne Dressing Fresh Fruit | Hawaiian Pork Steamed Rice Edamame Blend Vegetables Hawaiian Roll Tropical Fruit Mix Fig Bar | Cheese Omelet Potatoes O'Brian Fruited Muffin Asparagus Cake  | Cinco de Mayo Celebration! Tortilla Soup w/Tortilla Strips Chicken Fajitas w/Fajitas Vegetables Pinto Beans Flour Tortillas Flan | Mother's Day Celebration! Stuffed Pepper Mashed Potatoes Spring Blend Salad w/Raspberry Vinaigrette Parkerhouse Roll Strawberry Shortcake |
| 9 | 10 | 11 | 12 | 13 |
| Vegetarian Lasagna Tossed Green Salad w/Italian Dressing Garlic Breadstick Chunky Fruit Salad Orange Juice | Holly Farm Chicken Potato Salad Green Beans Wheat Roll Mandarin Oranges | Farmer's Soup w/Crackers Tuna Salad Sandwich On Wheat Bread Mixed Green Salad w/Ranch Dressing Fresh Fruit | Hamburger on Wheat Bun w/Lettuce, Tomatoes & Onions Macaroni Salad Broccoli Slaw Fruited Jello | Fish Vera Cruz Pinto Beans MexiCorn Salad Flour Tortilla Fresh Fruit |
| 16 | 17 | 18 | 19 | 20 |
| Minestrone Soup w/Crackers Spaghetti w/Meatballs Steamed Zucchini Sourdough Roll Chocolate Cake Apple Juice | Egg Drop Soup Teriyaki Chicken Steamed Rice Oriental Blend Vegetables Fresh Fruit | Beef Stroganoff On Wide Egg Noodles Peas and Carrots Wheat Roll Cookies Orange-Pine Juice | Barbeque Chicken Baked Beans Coleslaw Parkerhouse Roll Fresh Fruit | Macaroni and Cheese California Blend Vegetables Garden Salad w/Honey Sesame Dressing Wheat Roll Peach Crisp |
| 23 | 24 | 25 | 26 | 27 |
| Cheese Enchiladas Spanish Rice Pinto Beans Green Salad w/Ranch Fresh Fruit | Butternut Squash Soup w/Crackers Roast Pork w/Apricot Glaze Capri Blend Vegetables Scalloped Potatoes Wheat Roll Pie Orange Juice | Tomato Soup w/Crackers Turkey Sandwich w/Lettuce & tomato on Wheat Bread Carrot Raisin Salad Baked Chips Lemon Tart | BirthDay Party Beef Pot Roast w/Gravy Mashed Potatoes Green Beans Wheat Roll Cake Apple juice | Memorial Day Celebration Cheeseburger w/Cheese, Lettuce & Tomato On Wheat Bun Potato Wedges Coleslaw Watermelon |
| 30 | 31 | | | |
| Memorial Day Closed  | Curry Chicken Steamed Rice Cucumber Salad w/Dill Dressing & Garbanzo Beans Fresh Fruit |  | | Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50 |

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. All diet desserts are *Sugar-Free*. 1% milk served daily. Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat butterly spread served with bread and rolls