



Senior Lunch Sites – February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chili Verde w/ Sour Cream Pinto Beans Spanish Rice Flour Tortilla <i>Fruit Salad</i>	Roast Turkey w/ Gravy & Cranberry Sauce Stuffing Green Beans Whole Wheat Roll Seasonal Fresh Fruit	Vegetable Soup/ Crackers Chicken Salad on Wheat Bread Lettuce & Tomato Macaroni Salad Apricots	Beef Pot Roast with Gravy Mashed Potatoes Carrots Wheat Roll Pineapple Chunks	Chinese New Year Menu! Egg Drop Soup w/ Crackers Teriyaki Chicken Steamed Rice Oriental Vegetables Almond & Fortune Cookie
8 ☆	9	10 ☆	11	12
Super Bowl Menu! Hotdog on Wheat Bun w/ Onion/ Relish/ Ketchup Baked Beans Coleslaw Fruit Mix	BBQ Pork Chuckwagon Corn Carrot Raisin Salad French Roll Mandarin Oranges	Minestrone Soup/Crackers Three Meat Lasagna Primavera Mix Salad w/ Italian Dressing Soft Breadstick Cookie <i>*Diet Cookie</i>	Chicken Breast w/ Herb Gravy Rice Pilaf Capri Blend Vegetables Whole Wheat Roll Tapioca Pudding <i>*Diet Vanilla Pudding</i>	Valentine's Day Menu Stuffed Cabbage Mashed Potatoes 3 Way Salad w/ Ranch Dressing Wheat Roll Surprise Dessert
15	16 ☆	17	18	19 ☆
President's Day! Holiday!	Gumbo Soup w/Crackers Chicken/Sausage Jambalaya w/ Cajun Rice 4 Way Salad w/ French Dressing Cake <i>*Diet: Diet Cake</i>	Stuffed Salmon Newburg Sauce Rosemary Redskin Potatoes Whole Baby Carrots Wheat Roll Sliced Pears	Tortilla Soup/ Taco Salad w/Chips, Sour Cream, Taco Sauce & Cheese Lettuce & Tomato Spanish Rice Sliced Peaches	Macaroni & Cheese Romaine Salad w/ Thousand Island Dressing Dark Grain Roll Chocolate Pudding <i>*Diet Chocolate Pudding</i>
22 ☆	23	24 ☆	25	26
Cream of Broccoli Soup/Crackers Meatloaf w/ Brown Gravy Scalloped Potatoes 7 Grain Roll Canned Fruit	Chicken Curry Cilantro Rice Carrot Coins Wheat Roll Fresh Fruit	Beef-A-Roni Garden Salad w/ Ranch Dressing Cauliflower Florets Soft Breadstick <i>Fruit Cocktail</i>	Sloppy Joe on Bun Potato Wedges Blended Vegetables Assorted Cookie <i>*Diet Cookie</i>	Farmer's Soup/ Crackers Ms. Friday's Fish w/ Tartar Sauce Au Gratin Potatoes Whole Wheat Roll Apricots
				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 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.