



Senior Lunch Sites – March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Turkey Pot Roast w/ Gravy Mashed Potatoes Peas & Carrots Wheat Roll Fresh Fruit	Minestrone Soup/ Crackers Chicken w/ Pesto Sauce & Linguine Pasta Scandinavian Veg. Soft Breadsticks Sliced Peaches	California Cream Soup/ Crackers Tuna Salad on Wheat Bread Lettuce Carrot Salad <i>Applesauce</i>	Cream of Celery Soup/ Crackers Sliced Pork w/ Gravy Rice Pilaf Oregon Blend Vegetables Tropical Fruit Salad	Vegetarian Lasagna 4 Way Salad w/ Italian Dressing Soft French Roll Assorted Pudding <i>*Diet Pudding</i>
8	9	10	11	12
BBQ Pork Rib Baked Beans Coleslaw French Roll Fresh Fruit	Chicken Fajita Fajita Vegetables Spanish Rice Flour Tortilla Fruit Salad	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes California Blend Vegetables Wheat Roll Cookies <i>* Diet Cookies</i>	Lentil Soup/ Crackers Spaghetti w/ Meatsauce/ Parmesan Cheese Green Salad w/ Italian Dressing Sourdough Roll Assorted Pudding <i>* Diet Pudding</i>	Mrs. Friday's Fish w/ Tartar Sauce Rosemary Red Potatoes Garden Salad w/ Ranch Dressing Wheat Roll Fresh Fruit
15	16	17	18	19
Chile Verde/ Sour Cream California Blend Vegetables Spanish Rice Flour Tortilla Applesauce	Corn Chowder / Crackers Meatballs w/ Swedish Sauce on Egg Noodles Mixed Vegetables Sourdough Roll Apricots	St. Patrick's Day Corned Beef & Cabbage Whole Baby Potatoes Carrots Rye Bread Shamrock Dessert	Breaded Chicken Patty on Hoagie Roll Lettuce, Tomato, Mayonnaise Coleslaw Salad Pineapple Chunks	Cheese Omelet with Salsa Potatoes O'Brien Biscuit with Gravy Spinach Salad with Italian Dressing Melon
22	23	24	25	26
Sweet and Sour Pork on Rice Oriental Vegetable Blend Mandarin Oranges	Chili Con Carne w/ Onion & Cheese Green Salad w/ Ranch Dressing Cornbread Fresh Fruit	Minestrone Soup/Crackers Three Meat Lasagna Primavera Mix Salad w/ Italian Dressing Soft Breadstick Fruit Mix	Chicken Breast w/ Herb Gravy Mashed Potatoes Capri Blend Veg. Whole Wheat Roll Tapioca Pudding <i>*Diet Vanilla Pudding</i>	Stuffed Salmon w/ Sauce Au Gratin Potatoes Whole Baby Carrots Whole Wheat Roll Cookie <i>*Diet Cookie</i>
29	30	31		
Hot Dog on Wheat Bun w/ Relish/ Onion /Ketchup Potato Salad Baked Beans Diced Apple	Vegetable Soup w/ Crackers Meatballs w/ Hawaiian Sauce Egg Noodles 4 Way Salad w/ Honey-Sesame Dressing Fruit Salad	Sliced Turkey w/ Gravy Canned Yams Blended Vegetables Wheat Roll Sliced Pears		 National Nutrition Month

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.