




## Senior Lunch Menu – January 2020

For site specific menu changes or closures click [HERE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Suggested Donation - \$3.00</b>		<b>**1**</b>	<b>2</b>	<b>3</b>
<b>Meal Cost for Under Age 60 - \$5.00</b>	 <b>Meatless Meal</b>		Lemongrass Chicken Breast Brown Rice Oriental Blend Canned Apricots	Beef Goulash Mashed Potatoes Spinach Ambrosia
<b>6</b> 	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Tomato Florentine Soup Crackers Spud Stuffers Baked Potato topped with Vegetarian Chili Shredded Cheese Broccoli & Sour Cream SF Custard	Chipotle BBQ Chicken Spanish Rice Mexican Zucchini & Corn Salad Flour Tortilla SF Fruited Gelatin	Egg Drop Soup / Cracker Chinese Chicken Salad Shredded Chicken, Shredded Cabbage and Carrots, Mandarin Orange & Sliced Almonds Sesame Dressing Mini Muffin Fresh Fruit	Salisbury Steak W/ Gravy Sweet Mashed Potatoes Green Beans / Almonds SF Lemon Cookies	Baked Fish topped with Pesto Sauce Rice Pilaf Sliced Carrots WW Dinner Roll Promise Mandarin Oranges
<b>13</b>	<b>14</b>	<b>15</b> 	<b>16</b>	<b>17</b>
Moroccan Lentil Soup / Crackers Turkey Wrap W/ Hummus Spread Red Peppers, Diced Tomato, 50/50 Mix WW Flour Tortilla IW Ranch Dressing SF Fruited Gelatin	Thai Chicken Salad Chicken Strips Shredded Cabbage and Carrots, Red Peppers & Cucumbers Thai Dressing WW Dinner Roll Promise Fruit Crisp	Vegetarian Lasagna Spring Mix / Garbanzo Beans Vinaigrette Dressing Orange Juice Italian Ice Diet: Apricots	Farmers Soup / Cracker Homemade Chicken Drumstick Baked Sweet Potato Mixed Vegetables Pineapple Chunks	BBQ McRib Baked Beans Collard Greens Apple Pie & Ice Cream Diet: Ambrosia
<b>**20**</b>	<b>2</b>	<b>22</b>  	<b>23</b>	<b>24</b>
	Beef Stroganoff Egg Noodles Sliced Carrots Fresh Fruit	Veggie Burger / WW Bun Lettuce, Onions & Tomatoes Garlic Aioli Spread Baked Chips Banana	Potato Leek Soup/ Crackers Cobb Salad w/Shredded Chicken, Eggs, Cheese, Tomato & Red Onions 50/50 Salad Mix Ranch Dressing SF Apple Crisp Orange Pineapple Juice	Cream of Spinach Soup / Crackers Vietnamese Coconut Chicken Breast Pineapple Fried Rice Broccoli Spears Tropical Fruit Mix
<b>27</b> 	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Macaroni & Cheese Stewed Tomatoes Broccoli Spears Fresh Melon	Split Pea Soup Crackers Vietnamese Caramel Chicken Breast Brown Rice California Blend Vegetables Ambrosia	Tilapia topped with Savory Tomato Sauce Wild Rice Pilaf Peas & Carrots WW Dinner Roll Promise Orange Juice SF Custard	Beef Taco Salad with Seasoned Ground Beef, Chopped Lettuce, Cheese, Tomatoes, Beans, Sour Cream Tortilla Strips/Salsa Corn & Bean Salad Orange Juice Vanilla Ice Cream Diet: Fresh Fruit	French Onion Soup / Crackers Open Face Hot Turkey Sandwich / Gravy Mashed Potatoes WW Bread Cranberry Sauce Mandarin Oranges

All meals comply with the Dietary Guidelines for Americans (DGA) 2015 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily.  indicates sodium content over 1,000 mg. \* indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.