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Nourishing Home, Health & Heart



Alignment Healthcare

Senior Lunch Menu – NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested Donation - \$3.00</p> <p>Meal Cost for Under Age 60 - \$5.00</p> <p> Meatless Meal</p>				<p>1</p> <p>Cranberry Basil Chicken Salad & "Yogurt" dressing Served on Fresh Spinach WW Dinner Roll w/Promise Cantaloupe</p>
4	5	6	** 7 **	8
<p>Vegetarian Lasagna Spring Mix Salad w/Garbanzo & Dressing Orange Pineapple Juice Italian Ice</p>	<p>Chicken Breast w/ Cilantro Lime Sauce Pinto Beans Spinach Orange Juice</p>	<p>Tomato Florentine Soup w/Crackers Mediterranean Tuna Salad (bell peppers, olives, cucumber, & Hard-Boiled egg) on Spring Mix WW Bread w/Promise Ambrosia</p>	<p>Oven Roasted Beef w/Gravy Mashed Potatoes Chef's Cut Vegetables WW Roll w/Promise Apple Pie Sugar Free Ice Cream</p>	<p>Veteran's Day Celebrations Fan Favorite Hot Dog With all the Fixings Cold Salad TBD Chips Cookie</p>
** 11 **	12	13	**14**	15
	<p>Chicken Breast w/Lemon Herb Sauce Baked Potato w/Sour Cream Sliced Carrots Sugar Free Custard</p>	<p>Veggie Chili w/SF Crackers w/Chopped Onions & Shredded Cheese Tossed Green Salad w/Vinaigrette Dressing Corn Muffin Mandarin Oranges</p>	<p>Baked Fish w/ Pesto Sauce Spanish Rice Green Beans WW Dinner Roll w/Promise Orange Pineapple Juice Fruit Crisp</p>	<p>Cream of Pumpkin Soup w/SF Crackers Chicken Deli Sandwich w/Lettuce & Tomato on WW Bread (2) Mayo/Mustard Tropical Fruit Mix</p>
18	19	20	21	** 22 **
<p>Beef Chunks w/Burgundy Sauce Mashed Potatoes Brussel Sprouts SF Fruited Gelatin</p>	<p>Split Pea Soup w/SF Crackers Farro w/Butternut Squash Salad Cherry Tomato Salad w/Shredded Mozzarella Sugar Free Cookie</p>	<p>Egg Drop Soup w/SF Crackers Stir-Fry Chicken w/Chow Mein Sauce Brown Rice Oriental Vegetable Blend Fruit Crisp</p>	<p>Cheese Omelet Tater Tots w/Ketchup Apple Chicken Sausage Garden Green Salad w/Dressing WW Bread w/Promise Fresh Melon</p>	<p>Roast Turkey w/Gravy Cornbread Stuffing Yams w/Marshmallows Parker Roll w/Promise Cranberry Sauce Pumpkin Pie w/Whip Topping</p>
25	26	** 27 **	** 28 **	** 29 **
<p>Tortilla Soup w/SF Crackers Mexican Chicken Bowl (Rice, corn, black beans, spring mix, tomatoes, shredded cheese, tortilla strips & cilantro lime dressing) Banana</p>	<p>Savory Tomato Braised Tilapia Wild Pilaf Rice Peas & Carrots Ambrosia Cake & Ice Cream</p>	<p>THANKSGIVING BRUNCH DOORS OPEN AT 11:00 Ham & Broccoli Quiche Redskin Potatoes Romaine Salad topped w/Cranberries, Mandarin Oranges & Dressing Pecan Pie</p>	<p>HAPPY THANKSGIVING</p>	<p>C L O S E D</p>

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.