


February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
<p>Oatmeal/Raisins & Orange Juice/ Turkey and Cheese Sandwich on Wheat Bread, Orange, Marinated Vegetable Salad/ Baked Ham w/Fruit Glaze, Sweet Potatoes, Capri Veg Blend, Wheat Roll Yogurt/Graham Crackers Diet: Canned Fruit</p>	<p>Oatmeal & Orange-Pineapple Juice/ Tuna Salad Sandwich on Wheat Bread, Carrot Raisin Salad, Apple/ Chicken Cacciatore, Penne Pasta, Broccoli, Wheat Roll Tropical Fruit Mix </p>	<p>Oatmeal & Orange Juice/ Roast Beef Sandwich on Wheat Bread, Canned Peaches, Coleslaw/ Homemade Mac & Cheese, Stewed Tomatoes, Peas & Pearl Onions, Wheat Roll Assorted Cake Diet: Diet Cake</p>	<p>Oatmeal/Raisins & Pineapple Juice/ Ham and Cheese Sandwich on Wheat Bread, Orange, Pea Salad/ Chicken Fajitas, Mexican Rice, Fajita Blend Vegetables, Flour Tortilla Oatmeal Cookies Diet: Diet Cookies</p>	<p>Oatmeal/Raisins & Orange Juice/ Chicken Salad Sandwich on Wheat Bread, String Cheese, Pears, Pasta Salad/ Stuffed Salmon Boat w/Sauce, Rice Pilaf, Spinach, Wheat Roll Fruit Salad</p>
27	28	29		
<p>Oatmeal/Raisins & Pineapple Juice/ Imitation Crab Salad on Wheat Bread, Cheese Portion, Orange, Tri Color Pasta Salad/ Chicken Marsala, Rice Pilaf, Peas & Carrots Fruited Jello Diet: SF Fruited Jello</p>	<p>Oatmeal & Orange-Pine Juice/ Chicken Patty on Wheat Bread, Canned Apricots, Pea Salad/ Macaroni & Beef Casserole, Spinach, California Blend Vegetables, Wheat Roll Yogurt Diet: Fruit Cup </p>	<p>Oatmeal & Orange Juice/ Egg Salad Sandwich on Wheat Bread, Pears, Carrot Raisin Salad/ BBQ Pork Rib Sandwich on Whole Wheat Roll, Corn, Broccoli Oatmeal Cookies Diet: Diet Cookies</p>		

The project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. 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.*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. Daily meals provide <2400 mg of sodium. The suggested donation is \$4.50 per day.