




Senior Lunch Menu – FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Mrs. Fridays Breaded Fish On Hamburger Bun Pasta Salad Carrot Raisin Salad Tartar Sauce Seasonal Fresh Fruit	Baked Meatloaf w/ Gravy Home-Style Mashed Potatoes California Blend Vegetables Wheat Roll Fruited Gelatin <i>Diet: Diet Fruit Gelatin</i>	Cream of Tomato Soup w/Crackers Vegetarian Quiche (Spinach, Mushroom, Cheese) 4-Way Tossed Salad w/Thousand Island Dressing Wheat Roll Fruit Cup
6	7	8	9	10
Split Pea Soup w/Crackers Beef Pot Roast w/Gravy Mashed Potatoes Wheat Bread Lemon Pudding <i>Diet: Diet Pudding</i>	Baked Chicken w/ Herb Gravy Orzo with Vegetables Peas and Carrots Whole Wheat Roll Seasonal Fresh Fruit	Roast Turkey Sandwich On Hoagie Roll Lettuce & Tomatoes Potato Salad Cucumber Salad Tropical Fruit Mix	Spaghetti w/ Meatballs & Marinara Sauce Italian Blend Vegetables Sourdough Roll Parmesan Cheese Cookies <i>Diet: Diet Cookies</i>	Tortilla Soup w/ Stripped Chips Pork Chill Verde Black Beans Flour Tortilla Salsa Melon
13	14	15	16	17
Chili Con Carne w/Onion & Shredded Cheese Garden Green Salad w/Ranch Dressing Corn Muffin Fruit Salad	Valentine's Day Stuffed Pepper Mashed Potatoes California Blend Vegetables Parker House Roll Strawberry Surprise	Mexican Corn Soup Fish Vera Cruz Rice Pilaf Wheat Roll Seasonal Fresh Fruit	Chicken Fricassee Brown Rice Winter Blend Vegetables Wheat Roll Chilled Mandarin Oranges	President's Day Roast Beef w/Gravy Baby Baker Potatoes Steamed Carrots Wheat Roll Cherry Crisp <i>Diet: Diet Cherry Crisp</i>
20	21	22	23	24
CLOSED PRESIDENTS DAY 	Chicken Cacciatore Penne Pasta Italian Blend Vegetables Wheat Roll Fruit Cup	Homemade Mac & Cheese Green Salad w/French Dressing Peas and Pearl Onion Wheat Bread Seasonal Fresh Fruit	2 Soft Beef Tacos Lettuce/Cheese/Salsa Chuckwagon Vegetables Mexican Rice Flour Tortilla Melon	Cream of Broccoli Soup w/Crackers Stuffed Salmon Boat w/Sauce Rice Pilaf Whole Wheat Roll Oatmeal Cookies <i>Diet: Diet Cookies</i> Orange Juice
27	28	29		
Vegetable Soup w/Crackers Chicken Marsala Fettuccini Pasta Wheat Roll Seasonal Fresh Fruit	Macaroni and Beef Casserole Spinach Salad w/Vinaigrette Dressing Green Beans Wheat Roll Tropical Fruit Mix	BBQ Pork Sandwich Corn Broccoli Whole Wheat Bun Pound Cake <i>Diet: Diet Cake</i>		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 SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. 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

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