

Senior Lunch Program Sites

Community SeniorServ partners with centers in the following cities to provide a hot nutritious lunch for senior citizens.

Anaheim	Los Alamitos
Brea	Midway City
Buena Park	Orange
Costa Mesa	Placentia
Cypress	Santa Ana
Fountain Valley	Seal Beach
Fullerton	Stanton
Garden Grove	Tustin
Huntington Beach	Westminster
La Habra	Yorba Linda

For more information on our Senior Lunch Program:

Please call us at 714-220-0224

Or email us at info@communityseniorserv.com



Senior Lunch Program



Supporting the nutritional needs of older adults

by serving hot nutritious lunches at

27 centers in Central and North Orange County

Services

The Senior Lunch Program offered at 27 sites throughout Orange County helps to alleviate poor nutrition among the elderly population, especially prevalent among those who live alone and/or on limited incomes. This nutrition and supportive services program seeks to enhance the physical and mental well-being of the elderly population; encourages a sense of dignity; provides stimulating activities and volunteer opportunities; and augments participants' financial resources by providing donation-based meals, Monday through Friday. Meals are planned and certified by a dietician to meet one third of each person's daily nutritional needs, based on FDA guidelines.

Benefits of Participating in Senior Center Activities

Older adults who participate in activities such as exercise classes, dancing, card games, lectures and discussion groups at their local senior center remain active and vital. They can be linked to services and activities available in their community. Participation in senior center activities alleviates loneliness, depression and anxiety that are common for elders facing multiple problems. Senior center participants can also enjoy a nutritious meal for lunch around which socialization and recreation happen naturally.



www.communityseniorserv.com

Enhancing
the health
and well-being
of the elderly
population.

Donation

The Senior Lunch Program is open to all older adults age 60+. The suggested donation is \$2.50, however any donation, no matter how large or small, is always greatly appreciated. No individual will be turned away due to their inability to make a donation. Guests under 60 can enjoy lunch for a fee of \$3.50.

Sample Lunch Menus

Vegetable Soup with crackers
Meatloaf with gravy
Scalloped potatoes
Wheat Roll
Fruit salad

Tortilla Soup with crackers
Beef Taco Salad with chips, sour cream,
taco sauce, cheese, lettuce and tomato
Spanish rice
Flan



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