



Senior Lunch Menu – January

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| 1 | 2 | 3 | 4 | 5 |
| HAPPY NEW YEAR! SENIOR CENTER CLOSED | Roasted Brisket Mini Sliders w/ BBQ Sauce Southwest Slaw Chuck Wagon Corn Ambrosia Orange Juice | Cream of Carrot w/ SF Crackers Beef, Mango Barley Salad WW Dinner Roll Fresh Melon | Stuffed Salmon Boat w/ Newburg Sauce Baked Red Potatoes Spinach Banana Pudding w/ Vanilla Wafer Cranberry Juice | Teriyaki Chicken Steamed Rice Broccoli and Carrots Diced Peaches |
| 8 | 9 | 10 | 11 | 12 |
| Split Pea Soup w/ SF Crackers Roasted Turkey w/ Herb Gravy Sweet Potato Casserole Cranberry Sauce Pumpkin Cookies Diet: Diet Cookie Orange Juice | Mrs. Friday's Fish Couscous w/ Peas & Parmesan Cheese Broccoli Blueberry Pie Diet: Chilled Fruit Cocktail | Baked Meatloaf w/ Mushroom Gravy Egg Noodles Brussels Sprouts Mandarin Orange | Cream of Asparagus w/ Wheat Crackers Veggie Egg Salad w/ Whole Grain Flatbread Garnish Cherry Tomatoes Quinoa Salad Fresh Melon | Pork Tenderloin w/ Apple Raisin Sauce Brown Rice Cucumber & Black Eye Pea Salad Whole Grain Bread Tropical Fruit Mix |
| ***15*** | 16 | 17 | 18 | 19 |
| <u>Martin Luther King Jr.</u> HOLIDAY SENIOR CENTER CLOSED | Vegetable Soup w/ SF Crackers Crab Salad On bed of Spinach Black Beans & Orange w/ Citrus Dressing Chilled Pineapple Chunks | <u>PAJAMA PARTY!</u> <u>Don't forget to wear</u> <u>your pajamas!</u> Rich Beef Goulash w/ Sour Cream Brown Rice Spinach Peach Crisp Diet: SF Peach Crisp | Ham & Zucchini Frittata Romaine Salad w/ Tomatoes & Balsamic Dressing Mini Blueberry Muffin Fruited Gelatin Diet: SF Fruited Gelatin | Moroccan Lentil & Vegetable Soup w/ SF Crackers Shepherd's Pie Spinach & Orange Salad Fresh Fruit |
| 22 | 23 | 24 | 25 | 26 |
| Tortilla Soup w/ Tortilla Strips Yucatan Chicken Tacos Three Sisters (Corn, Zucchini, Kidney & Garbanzo Beans) Street Taco Tortilla Ambrosia | Salmon Fillets w/ Balsamic Maple Glazed Wild Rice Pilaf Baby Carrots Lemon Pudding Diet: Diet Lemon Pudding Orange-Pineapple Juice | Tomato Florentine Soup w/ SF Crackers Pork Loin w/ Gravy Sweet Potato Bake WW Roll Mixed Fruit Cup | Hearty Beef Stew Broccoli and Red Pepper Salad Cornbread Muffin Fresh Melon | Vegetarian Lasagna Mixed Salad (50/50 Mix, Red Cabbage & Diced Beets) Dressing Breadsticks Chocolate Chip Cookie Diet: Diet Cookie Orange Juice |
| 29 | 30 | 31 | | |
| Oven Roasted Beef w/ Gravy Mashed Potatoes California Vegetable Blend Whole Grain Bread Fresh Melon | Baked Pollack Topped w/ Pico de Gallo Mexican Rice Brussels Sprouts Canned Apricots | Rita's Spinach Casserole Romaine Salad w/ Red Wine Vinaigrette Whole Wheat Crackers Apple Crisp | Alignment Healthcare | Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00 |

All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & 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. 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% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides