



### Senior Lunch Site – July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
Suggested Donation - \$2.50  Meal Cost for Under Age 60 – \$ 3.50			<b>Chicken Marsala</b> Penne Pasta Brussels Sprouts Whole Wheat Roll Assorted Cake Diet; Diet Cake	<b>Independence Day! Hamburger on Whole Wheat Bun</b> Potato Salad Coleslaw Condiments: Shredded Lettuce, Tomatoes, Onions Watermelon
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>CLOSED</b>	<b>Turkey and Cheese Sandwich on Whole Grain Bread</b> Carrot and Raisin Salad Macaroni Salad Jello Diet: Diet Jello	<b>Summer Salad Day</b> Farmer Soup/Crackers <b>BBQ Chicken Salad</b> BBQ chicken on a bed of 5 - Way Salad Whole Wheat Roll Chunky Fruit Mix	<b>Baked Meatloaf with Brown Gravy</b> Tri-Color Potatoes Country Blend Vegetables Whole Grain Bread Diced Pear	Egg Drop Soup with Crackers <b>Chicken w/ Polynesian Sauce</b> on Steamed Rice Japanese Blend Vegetables Assorted Pudding Diet; Diet Pudding
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Roast Pork with Gravy</b> Sweet Potato Casserole Green Beans Whole Wheat Roll Chilled Applesauce	<b>Hot Dog on Wheat Bun</b> Macaroni Salad Broccoli Slaw Condiments: Onion Relish/Ketchup Fruit Cup	<b>Chicken Diane</b> Rice Pilaf California Blend Vegetables Whole Wheat Roll Mandarin Orange	<b>Spaghetti and Meatballs/Marinara Sauce</b> Italian Blend Veg. Sourdough Roll Angel Food Cake with Topping Diet: Diet Cake	Zuni Corn Soup/Crackers <b>Open-Faced Turkey Sandwich w/Gravy</b> Mashed Potatoes Peas and Carrots Whole Grain Bread Fresh Fruit
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Beef Fajitas with Fajitas Vegetables</b> Sour Cream Spanish Rice Flour Tortilla Fruit Salad	<b>Honey Glazed Chicken</b> Garlic Rice Summer Blend Vegetables Whole Wheat Roll Assorted Pudding Diet: Diet Pudding	<b>Summer Salad Day</b> Cream of Broccoli /Crackers <b>Chef's Salad</b> ((Ham, turkey, shredded cheese, Cherry Tom Italian Dressing Parker House Roll Fresh Melon	<b>Pork Chili Verde</b> <b>Black Beans</b> Capri Blend Vegetables Flour Tortilla Pineapple Chunks	<b>Vegetarian Lasagna</b> Tossed Green Salad with Ranch Salad Dressing Sourdough Roll Cake Diet: Diet Cake
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Roasted Corn Soup / Crackers <b>Roast Beef with Provolone Cheese</b> on French Roll Three Beans Salad Assorted Cookie Diet: Diet Cookie	<b>Breaded Fish with Tartar Sauce</b> Scalloped Potatoes Carrot Coins Whole Wheat Roll Chunky Fruit Mix	<b>Cheeseburger on Whole Wheat Bun</b> Red Potato Salad Coleslaw Shredded Lettuce, Tomatoes & Onions Condiment: Ketchup Juicy Watermelon	<b>Holly Farm Chicken</b> Vegetable Rice Scandinavian Vegetables Blend Whole Wheat Roll Fresh Fruit	<b>BBQ Beef Ribs</b> Mashed Potatoes Broccoli Whole Grain Bread Sliced Peaches

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 Senior Serv's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. 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 indicates 1, 000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.