






Senior Lunch Sites –October 2010

Monday	Tuesday	Wednesday	Thursday	Friday
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	Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50			Hamburger on Wheat Bun Onion/Lettuce/Tomato Potato Salad Cucumber Salad Oatmeal Raisin Cookie, <i>Diet Cookie</i> Cranberry Juice
4	5 	6	7	8
Baked Chicken Breast w/ Herb Sauce Cous Cous Capri Blend Vegetables Whole Wheat Roll Fresh Fruit	Oktoberfest! Bratwurst on Hoagie Bun Sauerkraut German Potato Salad Baby Carrots German Choc. Cake <i>Diet Cake</i>	Chili Con Carne w/Onion & Shredded Cheese Green Garden Salad Buttermilk Ranch Dressing Cornbread Fresh Fruit	Split Pea Soup w/Crackers Stuffed Bell Pepper Mashed Potatoes Spring Salad Mix w/French Dressing Whole Wheat Roll Apple Crisp <i>Diet Dessert</i>	Stuffed Salmon w/Sauce Rosemary Redskin Potatoes Whole Baby Carrots Whole Wheat Roll Chunky Fruit Salad
11	12 	13 	14	15
Swiss Steak w/Gravy Mashed Potatoes California Blended Vegetables Whole Grain Bread Fresh Fruit Orange Juice	Columbus Day! Mostaccoli Italian Blend Vegetables Mixed Green Salad Italian Dressing Whole Wheat Roll Pudding <i>Diet Pudding</i>	Holly Farm Chicken Rosemary Redskin Potatoes Chefs Cut Vegetables Wheat Roll Mandarin Oranges	Corn Chowder/Crackers Chef's Salad w/ Turkey, Chicken, and Roast Beef 1000 Dressing Lettuce/Tomato Wheat Roll Fresh Fruit	Tortilla Soup/Stripped Chips Pork Chili Verde Black Beans Sour Cream Flour Tortilla Custard Diet Custard Apple Juice
18	19	20	21 	22
Navy Bean Soup w/Crackers Turkey Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Wheat Roll Sliced Peaches Cranberry Juice	Breaded Fish w/Tartar Sauce Rice Pilaf Broccoli Whole Wheat Roll Fruited Gelatin	BBQ Pork Rib Chuckwagon Corn Spring Mix Salad Italian Dressing Fresh Fruit Cornbread	Tomato Soup w/Crackers Salisbury Steak w/ Mushroom Gravy Rice Whole Grain Bread Fresh Fruit	Chicken Cacciatore Fettuccine Zucchini Sourdough Roll Assorted Pie <i>Diet Dessert</i>
25	26	27 	28	29
Cheeseburger on Wheat Bun w/Lettuce/ Tomato/Onion/ Carrot Raisin Salad Sweet Potato Fries Fresh Fruit	Mexican Corn Chowder Soup w/Crackers Beef Fajitas Fajitas Vegetables Sour Cream, Salsa Corn Tortillas Pineapple Chunks	Senior Olympics! Hot Dog on Wheat Bun w/Onions Coleslaw Baked Chips Fruit Cup	Minestrone Soup w/Crackers Chicken Marsala Penne Pasta Parmesan Cheese Garlic Breadstick Garden Salad Italian Dressing Fresh Fruit	Halloween Day! Witches' Brew (Beef Stew) Ghoulis Greens (Winter Mix Vegetables) Magical Salad (Green Salad w/Ranch) Moon Roll (Wheat Roll) Scream Worthy Dessert (Pistachio Mousse) <i>Diet Pudding</i>

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