



Senior Lunch Menu - July 2013

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Stuffed Bell Peppers Rosemary Smashed Potatoes Scandinavian Blend Pear Crunch Diet: Diced Pears	Tomato Plum Soup Ms. Friday's Fish Orzo Primavera Wheat Bread Lemon Pudding Diet: Diet Pudding Orange-Pineapple Juice	<u>*Independence Day Celebration</u> BBQ Pulled Pork Sandwich on Bun Baked Beans Coleslaw Watermelon	Closed for the Holiday!	Tuna Sandwich Tomato & Cucumber with Diced Onions Tri Color Pasta Salad Wheat Bun Mandarin Oranges
8	9	10	11	12
<u>*National Lasagna Month</u> Vegetarian Lasagna French Cut Green Beans with Almonds Iceberg Mix with French Dressing Fresh Fruit	Mango Chipotle Pork Garlic Flavored Rice Dijon Coleslaw Dinner Roll Mandarin Oranges	Yankee Pot Roast and Gravy Mashed Potatoes Capri Blend Wheat Bread Chocolate Chip Cookie Diet: Diet Cookie Pineapple Juice	Fish Vera Cruz Creamy Slaw Wild Rice Wheat Roll Chocolate Pudding Diet: Diet Pudding	Hungarian Goulash Wheat Pasta 4 Way Salad Blend 1,000 Island Dressing Apple Crisp Diet: Diet Crisp
15	16	17	18	19
Shredded Chicken and Cheese Tamale 2 Way Green Salad Mix with 1,000 Island Black Beans Honeydew Melon	<u>*MLB All Star's</u> Cheeseburger Lettuce / Onion / Tomato, Potato Salad Carrot Raisin Salad Whole Wheat Bun Ice Cream Diet: Fresh Fruit	Holly Farm Chicken Rice Pilaf Succotash Vanilla Pudding Diet: Diet Pudding Orange Juice	Savory Summer Soup Egg Salad Sandwich w/Shredded Lettuce Broccoli & Bean Salad Wheat Pita Bread Cantaloupe	Salisbury Steak with Burgundy Sauce Wide Egg Noodles Broccoli Tropical Fruit Cocktail
22	23	24	25	26
Macaroni & Cheese Green Bean & Tomato Salad Yellow Squash Wheat Bread Fruit Cocktail	Chicken Cacciatore Penne Pasta Spinach Oatmeal Cookie Diet: Vanilla Wafers Apple Juice	Lima Bean Soup Meat Loaf and Gravy Redskin Potatoes Coconut Cream Pie Diet: Diet Apple Pie Orange Juice	Asian Style Pork Steamed White Rice Cauliflower & Broccoli Blend Dinner Roll Fresh Fruit	Black Bean Soup 2 Soft Beef Tacos Lettuce and Cheese Chuck Wagon Corn Flour Tortilla Watermelon
29	30	31		
California Chicken Casserole Spinach Salad with Raspberry Dressing Mixed Vegetables Trifle Diet: Diet Trifle	Sloppy Joe's Whole Wheat Bun Tater Tots Carrot Raisin Salad Fresh Fruit	Lentil Soup Asian Chicken Salad w/Lettuce Blend Mandarin Oranges Rice Noodles Asian Dressing Almond Cookie Diet: Fortune Cookie		Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & 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

www.SeniorServ.org