

Senior Lunch Program



*Supporting the nutritional needs
of older adults by serving hot
nutritious lunches at 26 centers in
Central and North Orange County*

Services

SeniorServ is proud to serve nutritious lunches at 26 sites throughout Orange County. These meals help 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.

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



Senior Lunch Program

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 health challenges. Senior center participants can also enjoy a nutritious meal for lunch around which socialization and recreation happen naturally.



Donation

The Senior Lunch Program is open to all older adults age 60+. The suggested donation is \$3.00, 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 \$5.00.



Sample Lunch Menus

Roast turkey & gravy
Mashed potatoes
Cornbread stuffing
Green beans
Cranberry sauce
Pumpkin pie with topping

Beef Stew
Brussels Sprouts
Cornbread Muffin & Margarine
5 Way Salad Mix w/Ranch
Pineapple Chunks

Any donation, no matter how large or small, is always greatly appreciated



Senior Lunch Program Sites

SeniorServ is happy to partner with senior centers in the following cities:

Anaheim

Brea

Buena Park

Costa Mesa

Cypress

Fountain Valley

Fullerton

Garden Grove

Huntington Beach

La Habra

Los Alamitos

Midway City

Orange

Placentia

Santa Ana

Seal Beach

Stanton

Tustin

Westminster

Yorba Linda

For more information on our Senior Lunch Program please call 714-823-3294 or visit www.SeniorServ.org



SENIORSERV™
Securing Home, Health & Heart

www.SeniorServ.org