








Alignment Healthcare

Senior Lunch Menu November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00</p>			<p>1</p> <p>Moroccan Lentil Vegetable Soup W/ SF Crackers Egg Salad Sandwich Cucumber Black-Eyed Salad Dinner Roll SF Ice Cream Diet: Apricots</p>	<p>2</p> <p>Chicken with Potatoes, Peas in a Coconut Curry Sauce Oriental Blend Vegetables Cucumber Salad SF Fruited Gelatin</p>
			<p>5</p> <p>Cream Of Spinach Soup W/ SF Crackers Turkey Sandwich Lettuce & Tomato Bow Tie Pasta Salad WW Bread (2 Slices) Fresh Fruit</p>	<p>6</p> <p>Macaroni & Cheese Stewed Tomatoes / Croutons 50/50 Salad Mix Italian Dressing Mandarin Oranges</p>
<p>12</p> 	<p>13</p> <p>Butternut Squash Soup, SF Crackers, Couscous, Peas, Carrots & Parmesan Salad w/ Shredded Chicken, WW Dinner Roll, Promise, Ambrosia</p>	<p>14</p> <p>Chicken Florentine Lemon Orzo Italian Blend Orange Pineapple Juice Famous Amos Cookies Diet: SF Lemon</p>	<p>15</p> <p>Mediterranean Tuna Salad on 50/50 Salad Tomato & Zucchini Salad WW Bread Slice (1) Assorted Fruit Pie Diet: SF Apple Crips</p>	<p>**16</p> <p>Thanksgiving Celebration Roast Turkey & Gravy Cornbread Stuffing Mashed Potatoes Green Beans / Almonds Pumpkin Pie & Topping Cranberry Sauce</p>
<p>19</p> <p>Butternut Squash & Pasta W/ Feta Cheese Roast Beef Strips Broccoli & Pepper Salad Mini Muffin Trifle Diet: Diet Trifle</p>	<p>20</p> <p>Pork Chili Verde Pinto Beans Corn, Lima Beans With Peas N Carrots Corn Tortilla Pineapple Chunks</p>	<p>**21</p> <p>Holiday Brunch Bacon & Mushroom Quiche Redskin Potatoes Whole Baby Carrots Holiday Ambrosia</p>	<p>22</p> 	<p>23</p> 
<p>**26</p> <p>No More Turkey Please Salisbury Steak & Gravy Yams / Marshmallows Green Beans Tropical Fruit Mix</p>	<p>27</p> <p>Signature Chicken Salad Tossed Green Salad with Diced cucumber/ Diced Tomatoes Slivered Almonds with Red Wine Vinaigrette WW Dinner Roll Fresh Fruit</p>	<p>28</p> <p>Lentil Soup & SF Crackers Crab Salad on Spinach Cherry Tomatoes WW Roll Fruit Crisp Diet: Fruit Crips</p>	<p>29</p> <p>Fish Tacos Shredded Red Cabbage Pico de Gallo Soft Taco Shell Cilantro Lime Rice Sugar Free Custard</p>	<p>30</p> <p>Kung Pao Chicken Jasmine Rice Cucumber Salad Oriental Blend Mandarin Oranges</p>

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 Desserts 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 >550 calories. Please note condiments are not analyzed and may increase sodium.