



Alignment Healthcare



SENIORSERV
Nourishing Home, Health & Heart



FAIRHAVEN
MEMORIAL SERVICES · MISSION VIEJO
MEMORIAL PARK & MORTUARY · SANTA ANA
Dignity Memorial® Provider
FD 1912 - FD 1313 / COA 659

Senior Lunch Menu – December 2018

	Tuesday	Wednesday	Thursday	Friday
3	****4	5	6	7
Baked Ziti, Garden Mixed Salad With/ Dressing Italian Vegetable Blend Bread Stick, Chocolate Pudding, Diet: Diet Pudding	Hearty Vegetable Soup W/ SF Crackers Chicken Salad Sandwich W/ Pita Pocket Tri Color Pasta Salad Oatmeal Raisin Cookie Diet: Lemon Cookie	Chili Con Carne on Baked Potato, California Salad, Condiments (Shredded Cheese & Chopped Onions) Fresh Fruit	Braised Beef with Peppers and Onions Sauce Brown Rice Carrots Mandarin Orange	Roast Turkey with Gravy Mashed Potatoes Broccoli/Cauliflower Cranberry Sauce WW Dinner Roll Tropical Fruit Mix Orange Juice
10	11	12	13	****14
Moroccan Lentil Soup W/ SF Crackers Veggie Egg Salad Cucumber Black-Eyed Pea Salad WW Dinner Roll NS Added Ice Cream Diet: Apricots	Beef Fajita Fajita Vegetables Pinto Beans Tortilla Salsa Fresh Fruit	Herb Roasted Pork w/ Gravy Cilantro Rice Diced Carrots Orange Pineapple Juice Cake Diet: Cake	Split Pea Soup SF Crackers Salmon Boat w/ Pesto Sauce Quinoa Pilaf Mixed Vegetables Pineapple Chunks	Holiday Celebration Chicken Cordon Bleu Mashed Potatoes Green Salad / Dressing Chef Cut Vegetable Parker House Roll Strawberry Cheesecake Diet: Melon
17	18	19	20	***21
Macaroni and Cheese Stewed Tomatoes 50/50 Salad with Croutons Salad Dressing Mandarin Orange	Mexican Fiesta Casserole, Spanish Rice Pinto Beans Salsa Fresh Fruit	Mrs. Friday's Fish W/ Tartar Sauce Sweet Potatoes Peas and Carrots Banana Pudding Diet: Banana Pudding	Baked Meatloaf with Gravy Mashed Potatoes Broccoli WW Bread Orange Juice Chocolate Chip Cookie Diet: Diet Cookie	Beef Tamales Mexican Rice Black Beans Homemade Pico De Gallo Melon
24	25	26	27	****28
		Hamburger on WW Shredded Lettuce Tomato & Onions Carrot Raisin Salad Tropical Fruit Mix	Mediterranean Tuna Salad on 50/50 Tomato and Zucchini Salad WW Bread (1 slice) Diet: Diet Apple Pie	New Year's Brunch Vegetable Quiche (Zucchini, Mushrooms & Tomatoes) Redskin Potatoes Small Croissant Fresh Melon

******31**



**Suggested Donation -
\$3.00**

**Meal Cost for Under
Age 60 - \$5.00**



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.

www.SeniorServ.org