




Alignment Healthcare

Senior Lunch Menu – January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 Happy New Year		Beef Bolognese Sauce Penne Pasta Parmesan Cheese 50/50 Salad Mix Vinaigrette Dressing Breadsticks Orange Juice Sugar Free Apple Crisp	Pork Tenderloin with Apricot Glaze Baby Bakers Potatoes Diced Carrots WW Dinner Roll Ambrosia	Fish Tacos Shredded Cabbage Cilantro Lime Rice Soft Corn Tortilla (2) Salsa Chocolate Pudding Diet Pudding
7 	8	9	10	11****
Homemade Mexican Corn Soup SF Crackers Chicken Torta on a French Roll (Shredded Chicken Pinto Beans Lettuce & Tomato) Mayonnaise Melon	Turkey Pot Roast w/Gravy Mashed Sweet Potatoes Broccoli Florets Diet Yellow Cake	White Fish topped with Sweet and Sour Sauce Brown Rice Green Beans WW Bread Tropical Fruit Mix	Swedish Meatballs with Gravy Butter Noodles Beet and Orange Salad SF Fruited Gelatin	Hot Dog with Coleslaw Baked Chips Relish, Catsup and Mustard Hot Dog Bun SF Popsicles
14	15	16	17	18
Pasta W/ Butternut Squash & Feta Cheese 3- Way Salad Mix Lemon Vinaigrette Mini Muffin Melon	Homemade Chicken Drumsticks Baked Potato with Sour Cream Peas N Carrots Orange Juice Diet Fruited Crisp	Lentil Soup and SF Cracker Spinach and Mushroom Quiche Baby Bakers Potato Ambrosia	Mexican Chicken Bowl (Shredded Chicken, Rice, Corn, Black Beans Chopped Romine Diced Tomato & Tortilla Strips) Cilantro Lime Vinaigrette Orange Pineapple Juice NS Vanilla Ice Cream Diet: Fresh Fruit	Pork Tenderloin with Caramel Vietnamese Sauce Fried Brown Rice Asian Vegetable Blend Mandarin Orange
21 ***	22	23 	24	25
MLK Day McRib Pork Sandwich Baked Beans Collard Greens WW Bun Apple Pie & Ice Cream Diet: Fresh Fruit	Baked Meatloaf with Mushroom Gravy Sweet Potatoes Brussels Sprouts SF Lemon Cookie	Pork Chili Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Fruit Mix	Split Pea & SF Crackers Zucchini, Corn and Egg Casserole Stewed Tomatoes WW Dinner Roll Melon	Coconut Chicken Curry with Peas and Potatoes Brown Rice Oriental Vegetable Blend Pineapple Chunks
28	29	30	31	
Baked Ziti Harvest Salad w/ Cranberries & Almonds Red Vinaigrette Breadsticks Mandarin Orange	Tomato Florentine Soup & SF Crackers Open Face Turkey San Turkey Gravy Mashed Potatoes WW Bread (1) Cranberry Sauce SF Chocolate Chip Cookie	Chicken Fajitas Fajita Vegetables Pinto Beans Garden Green Vegetable Salad Italian Dressing Tortilla Flour (1) Tropical Fruit Mix	Grilled Hamburger Lettuce, Tomato & Onion Baked Chips WW Bun Mayonnaise & Relish Melon	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% trans-fat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.