



Alignment Healthcare



# SENIORSERV®

Nourishing Home, Health & Heart



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

## Senior Lunch Menu – February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Suggested Donation - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>		<b>1</b> Beef Taco Salad (Chopped lettuce, pinto beans, diced tomatoes, shredded cheese, tortilla strips, cilantro lime dressing) Orange Juice SF Custard
<b>4</b> Orange Chicken w/ Orange Glaze Brown Rice Brussel Sprouts Pudding Diet: Diet Pudding	<b>**5**</b> <b>Lunar Year</b> Egg Drop Soup Pork Loin w/Sweet & Sour Sauce Brown Rice Green Beans Almond Cookie Fortune Cookie	<b>6</b> Pasta Primavera w/Romesco Broccoli & White Bean Salad 50/50 Salad Mix w/Red Wine Vinaigrette Breadstick Fruited Gelatin	<b>7</b> Homemade Beef Stew w/Potato & Veggies Winter Vegetable Blend Biscuit Melon	<b>**8**</b> Cheeseburger on WW Bun w/Lettuce, Tomato, & Red Onion Potato Salad Mayonnaise/Mustard Fresh Fruit Cup
<b>11</b> Beef Bolognese Pasta w/Parmesan Cheese 50/50 Salad w/Vinaigrette Orange Juice Breadstick SF Fruit Crisp	<b>12</b> Fish Tacos w/Shredded Red & White Cabbage Soft Corn Tortillas (2) Cilantro Lime Rice Pudding Diet: Diet Pudding	<b>13</b> Chicken Enchilada Casserole Spanish Rice Zucchini, Corn & Tomato Salad Melon	<b>**14**</b> <b>Valentine's Day</b> Stuffed Cabbage Mashed Potatoes Chef Blend Vegetables WW Dinner Roll Red Velvet Cake Diet: Fresh Fruit	<b>15</b> Homemade Vegetable Soup Grilled Chicken w/Lemongrass Sauce Steamed Rice Oriental Vegetable Blend Fruit Cup
<b>**18** President's Day</b>	<b>**19**</b>	<b>20</b>	<b>21</b>	<b>22</b>
	<b>President's Day Celebration</b> Roast Beef w/Mushroom Gravy Baked Potato w/Sour Cream Chef's Cut Vegetables WW Dinner Roll w/Promise Apple Pie Diet: Fresh Fruit	Homemade Mexican Corn Soup Chicken Torta (Shredded chicken, pinto beans, lettuce, tomato) French Roll Mayonnaise Melon	Pasta Noodles w/Beef Meatballs & Swedish Sauce Beet & Orange Salad Fruited Gelatin	Turkey Pot Roast w/Brown Gravy Mashed Sweet Potatoes Broccoli Diet Cake
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Homemade Chicken Drumstick Baked Potato w/Sour Cream Peas & Carrots Orange Juice SF Fruit Crisp	Pork Tenderloin w/Caramel Sauce Fried Brown Rice Oriental Vegetable Blend Mandarin Oranges	Mexican Chicken Bowl (Rice, corn, black beans, chopped romaine, diced tomatoes, tortilla strips, & cilantro lime vinaigrette) Orange Pineapple Juice SF Ice Cream Diet: Fresh Fruit	Butternut Squash Pasta w/Feta Cheese Tossed Green Salad w/Lemon Vinaigrette Dressing Mini Muffin Melon	

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.

[www.SeniorServ.org](http://www.SeniorServ.org)