



Nourishing Home, Health & Heart

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

Alignment Healthcare

Senior Lunch Menu – March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested Donation - \$3.00</p> <p>Meal Cost for Under Age 60 - \$5.00</p> <p> Vegetarian Meal</p>				<p>1 </p> <p>Homemade Lentil Soup Spinach & Mushroom Quiche Baby Baker Potatoes Ambrosia</p>
4	5	** 6 **	7	** 8 **
<p>Pork Chile Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Fruit Mix</p>	<p>Cream of Pumpkin Soup w/Salt-Free Crackers Turkey Wrap (Peppers, diced tomatoes, chopped romaine, & ranch dressing) Flour Tortilla Fruited Gelatin</p>	<p>Ash Wednesday Mrs. Friday's Breaded Pollock Potato Scallops Scandinavian Vegetable Blend Parker House Roll Fresh Fruit</p>	<p>Coconut Chicken Curry (w/Peas & Potato Curry Sauce) Brown Rice Oriental Vegetable Blend Pineapple Chunks</p>	<p>National Nutrition Month Celebration Baked Salmon w/Herb Sauce Rice Pilaf Chef Cut Vegetables WW Dinner Roll Melon</p>
11	12	13	14	**15**
<p>Grilled Hamburger (w/shredded lettuce, sliced tomato & onion) on a WW Bun Baked Chips Mayonnaise & Relish Melon</p>	<p>Chicken Fajitas (w/Fajita Vegetables) Pinto Beans Garden Green Veg Salad w/Italian Dressing Flour Tortilla (1) Tropical Fruit Mix</p>	<p>Tomato Florentine Soup w/Salt-Free Crackers Open Face Turkey San. (w/Turkey Gravy & Mashed Potatoes) on a WW Bread (1) Cranberry Sauce SF Cookie</p>	<p>Beef Taco Salad (Chopped lettuce, pinto beans, diced tomatoes, shredded cheese, tortilla strips, cilantro lime dressing) Orange Juice SF Custard</p>	<p>St. Patrick's Celebration Corned Beef & Cabbage Whole Baby Potatoes Carrot Coins WW Dinner Roll Pistachio Pudding Diet: Fresh Fruit</p>
18	19	20	21	22
<p>Egg Drop Soup w/Salt-Free Crackers Chinese Chicken Salad (Napa cabbage, red cabbage, shredded carrots, mandarin oranges, slivered almonds & sesame dressing) WW Dinner Roll Canned Pineapple</p>	<p>Mexican Fiesta Beef Casserole Spanish Rice Pinto Beans Orange Juice SF Fruit Crisp</p>	<p>Homemade Beef Stew (w/Potato & Stew Veggies) Winter Vegetable Blend Biscuit Melon</p>	<p>Orange Chicken w/Orange Glaze Sauce Brown Rice Brussel Sprouts Pudding Diet: Diet Pudding</p>	<p>Pasta Primavera w/Romesco Broccoli & White Bean Salad 50/50 Salad Mix w/Red Wine Vinaigrette Breadstick Fruited Gelatin</p>
25	26	27	28	29
<p>Pork Tenderloin w/Apricot Sauce Baby Baker Potatoes Carrot Coins WW Dinner Roll Ambrosia</p>	<p>Chicken Enchilada Casserole Spanish Rice Zucchini, Corn & Tomato Salad Melon</p>	<p>Beef Bolognese Pasta w/Parmesan Cheese 50/50 Salad w/Vinaigrette Orange Juice Breadstick SF Fruit Crisp</p>	<p>Homemade Vegetable Soup Grilled Chicken w/Lemongrass Sauce Steamed Rice Oriental Vegetable Blend Fresh Fruit</p>	<p>Fish Tacos w/Shredded Red & White Cabbage Soft Corn Tortillas (2) Cilantro Lime Rice Pudding Diet: Diet Pudding</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% 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