



Alignment Healthcare



Nourishing Home, Health & Heart



### Senior Lunch Menu – April 2019

**FAIRHAVEN**

MEMORIAL SERVICES · MISSION VIEJO  
MEMORIAL PARK & MORTUARY · SANTA ANA  
Dignity Memorial® Providers  
FD 1912 · FD 1913 / COA 659

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Beef Meatballs w/Swedish Sauce on Egg Noodles Beet & Orange Salad Fruited Gelatin	Homemade Mexican Corn Soup w/Salt-Free Crackers Chicken Torta (Shredded chicken, pinto beans, lettuce, tomato) French Roll Mayonnaise Melon	Turkey Pot Roast w/Brown Gravy Mashed Sweet Potatoes Broccoli Diet Cake	White Fish w/Sweet & Sour Sauce Green Beans Brown Rice WW Bread w/Promise Tropical Fruit Mix	Grilled Chicken Breast w/Chipotle BBQ Sauce Pinto Beans Flour Tortilla (1) Mexican Corn & Zucchini Orange Juice Diet Custard
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Pork Tenderloin w/Caramel Sauce Fried Brown Rice Oriental Vegetable Blend Mandarin Oranges	Mexican Chicken Bowl (Rice, corn, black beans, chopped romaine, diced tomatoes, shredded cheese, 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	Homemade Lentil Soup w/Salt-Free Crackers Spinach & Mushroom Quiche Baby Baker Potatoes Ambrosia	Homemade Chicken Drumstick Baked Potato w/Sour Cream Peas & Carrots Orange Juice SF Fruit Crisp
<b>**15**</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>**19**</b>
Hot Dog w/Relish, Ketchup & Mustard on a Hot Dog Bun Coleslaw Potato Salad SF Cookie	Split Pea Soup w/Salt-Free Crackers Zucchini, Corn and Egg Casserole Stewed Tomatoes WW Dinner Roll w/Promise Melon	Coconut Chicken Curry (w/Peas & Potato Curry Sauce) Brown Rice Oriental Vegetable Blend Pineapple Chunks	Pork Chile Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Fruit Mix	<b>Spring Celebration</b> Baked Ham w/Fruit Glaze Yams w/Marshmallows Green Beans w/Almonds Parker House Roll w/Promise Pineapple Upside Down Cake Diet: Fresh Fruit
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Beef Taco Salad (Chopped lettuce, pinto beans, diced tomatoes, shredded cheese, tortilla strips, cilantro lime dressing) Orange Juice SF Custard	Baked Ziti Harvest Salad (w/Slivered almonds, cranberries & red wine vinaigrette dressing) Breadstick w/Promise Mandarin Oranges	Chicken Fajitas (w/Fajita Vegetables) Pinto Beans Garden Green Vegetable Salad w/Italian Dressing Flour Tortilla (1) Tropical Fruit Mix	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	Grilled Hamburger (w/shredded lettuce, sliced tomato & onion) on a WW Bun Baked Chips Mayonnaise & Relish Melon
<b>29</b>	<b>30</b>			
Homemade Beef Stew (w/Potato & Stew Veggies) Winter Vegetable Blend Biscuit w/Promise Melon	Pasta Primavera Broccoli & White Bean Salad 50/50 Salad Mix w/Red Wine Vinaigrette Breadstick w/Promise Fruited Gelatin			
<p><b>Suggested Donation - \$3.00</b></p> <p><b>Meal Cost for Under Age 60 - \$5.00</b></p> <p> <b>Vegetarian Meal</b></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](http://www.SeniorServ.org)