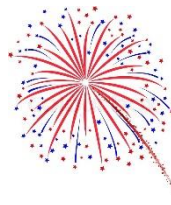




Alignment Healthcare



# SENIORSERV®

Nourishing Home, Health & Heart



## Senior Lunch Menu – JULY 2019

**FAIRHAVEN**

MEMORIAL SERVICES · MISSION VIEJO  
MEMORIAL PARK & MORTUARY · SANTA ANA

Dignity Memorial® Providers  
FD 1912 · FD 1313 / COA 659

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <b>1</b>  | <b>2</b>  | <b>** 3 **</b>   | <b>** 4 **</b>  | <b>** 5 **</b>   |
| Chicken Breast w/<br>Creamy Cilantro Lime<br>Sauce<br>Pinto Beans<br>Spinach<br>Orange Juice<br>SF Pudding  | Tomato Florentine Soup<br>w/SF Crackers<br>Mediterranean Tuna<br>Salad<br>(Chopped bell peppers,<br>olives, cucumber & egg)<br>on Spring Mix Lettuce<br>WW Bread w/Promise<br>Ambrosia                | <b>Pre 4<sup>th</sup> Celebration</b><br>Chili Cheese Dog<br>on WW Bun<br>w/Diced Onions<br>Baked Chips<br>Coleslaw Salad<br>Watermelon                            |   | Vegetable Lasagna<br>Spring Mix Salad<br>w/Garbanzo Beans &<br>Dressing<br>Orange Pineapple Juice<br>Canned Apricots   |
| <b>8</b>  | <b>9</b>  | <b>10</b>  | <b>11</b>   | <b>12</b>  |
| Veggie Chili w/SF<br>Crackers<br>w/chopped onions &<br>shredded cheese<br>Tossed Salad<br>w/Vinaigrette<br>Corn Muffin w/Promise<br>Mandarin Oranges    | Baked Fish w/Corn<br>Salsa<br>Mexican Rice<br>Green Beans &<br>Mushrooms<br>WW Bread w/Promise<br>Orange Juice<br>SF Fruit Crisp  | Cream of Pumpkin Soup<br>w/SF Crackers<br>Chicken Deli Sandwich<br>w/lettuce & tomato<br>on WW Bread (2)<br>Mayonnaise<br>Tropical Fruit Mix                       | Beef Taco Salad<br>(Chopped lettuce, pinto<br>beans, diced tomatoes,<br>shredded cheese,<br>w/cilantro lime dressing)<br>Tortilla Chips<br>SF Fruited Gelatin | Chicken Breast w/Lemon<br>Herb Sauce<br>Baked Potato<br>w/Sour Cream<br>Sliced Carrots<br>SF Custard   |
| <b>** 15 **</b>   | <b>16</b>   | <b>17</b>  | <b>18</b>   | <b>19</b>  |
| Cheese Enchiladas<br>Spanish Rice<br>Pinto Beans<br>Spring Mix Salad<br>w/Vinaigrette Dressing<br>SF Fruit Crisp  | "Sunday" Brunch<br>Cheese Omelet<br>Tator Tots<br>Apple Chicken Sausage<br>Garden Salad<br>w/Dressing<br>WW Bread w/Promise<br>Fresh Melon  | Butternut Squash Soup<br>w/SF Crackers<br>Crab, Corn & Tomato<br>Salad w/Lemon Basil<br>Dressing<br>on a bed of Spinach<br>Mini Blueberry Muffin<br>Tropical Fruit | Beef Chunks<br>w/Burgundy Sauce<br>Mashed Potatoes<br>Brussel Sprouts<br>SF Fruited Gelatin   | Split Pea Soup w/SF<br>Crackers<br>Farro w/Butternut<br>Squash Salad<br>Cherry Tomatoes<br>w/Shredded Mozzarella<br>Cheese & Lemon<br>Vinaigrette Dressing<br>SF Cookies |
| <b>22</b>   | <b>23</b>   | <b>24</b>  | <b>25</b>   | <b>26</b>  |
| Pulled Pork<br>BBQ Sandwich<br>on WW Bun<br>Coleslaw<br>Cantaloupe  | Tortilla Soup w/SF<br>Crackers<br>Mexican Chicken Bowl<br>(Rice, corn, black beans,<br>chopped romaine, diced<br>tomatoes, shredded<br>cheese, tortilla strips &<br>cilantro lime dressing)<br>Banana | Savory Tomato Braised<br>Tilapia<br>Barley Mango Salad<br>Peas & Carrots<br>Ambrosia   | Chicken Pineapple<br>Curry w/bell peppers,<br>onion & carrots<br>Brown Rice<br>Tomato & Zucchini<br>Salad<br>Peach Crisp                                      | Greek Quinoa Salad<br>(w/cucumbers, tomatoes &<br>vinaigrette)<br>w/Feta Cheese<br>WW Dinner Roll<br>w/Promise<br>Orange Pineapple Juice<br>SF Cake w/Whip Topping       |
| <b>29</b>   | <b>30</b>   | <b>31</b>  | <b>Suggested Donation<br/>- \$3.00</b>  |  |
| Cream of Spinach Soup<br>w/SF Crackers<br>Open Faced Turkey<br>Sandwich<br>w/Mashed Potatoes &<br>Gravy<br>on WW Bread<br>Cranberry Sauce<br>SF Cookies | Black Bean Soup<br>Zucchini, Corn, Egg<br>Casserole<br>Tomato & Onion Salad<br>Biscuit w/Promise<br>Tropical Fruit Mix  | Meatballs w/Hawaiian<br>Sauce<br>Rice Pilaf<br>Oriental Vegetable<br>Blend<br>WW Bread w/Promise<br>Fresh Melon  | <b>Meal Cost for Under<br/>Age 60 - \$5.00</b>  |  |
|   |   |  | <b>Meatless Meal</b>  |  |



All meals comply with the Dietary Guidelines for Americans (DGA) 2015 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts 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 butterly spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.