




MAY LUNCH MENU

Menu items may change without prior notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
 <p>Securing Home, Health & Heart</p> <p>Suggested Donation \$5 fee for ages 60 & under \$3 over 6</p>		<p>1</p> <p>Orange Chicken w/ Orange Glaze Sauce Brown Rice Brussel Sprouts Pudding Diet: Diet Pudding</p>	<p>2</p> <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, w/ Promise Canned Pineapple</p>	<p>3</p> <p>Cinco De Mayo Celebration Albondiga Soup (Spanish Rice, Beef Meatballs, & Veggies) Cheese Enchiladas Mexican Corn 50/50 Salad w/Dressing Churros Diet: Fresh Fruit</p>		
		<p>6</p> <p>Beef Bolognese Pasta w/ Parmesan Cheese 50/50 Salad w/ Vinaigrette, Orange Juice Breadstick w/Promise SF Fruit Crisp</p>	<p>7</p> <p>Pork Tenderloin w/ Apricot Sauce Baby Baker Potatoes Carrot Coins WW Dinner Roll w/ Promise, Ambrosia</p>	<p>8</p> <p>Homemade Vegetable Soup w/SF Crackers Grilled Chicken w/Lemongrass Sauce Steamed Rice Oriental Vegetable Blend Fruit Cup</p>	<p>9</p> <p>Fish Tacos, w/Shredded Red & White Cabbage Pico de Gallo & Salsa Soft Corn Tortillas (2) Cilantro Lime Rice Pudding Diet: Diet Pudding</p>	<p>10</p> <p>Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Roll w/Promise Strawberry Cheesecake Diet: Fresh Fruit</p>
		<p>13</p> <p>Grilled Chicken Breast w/ Chipotle BBQ Sauce Pinto Beans, Flour Tortilla (1), Mexican Corn & Zucchini Mix, Orange Juice, Diet Custard</p>	<p>14</p> <p>Beef Meatballs w/Swedish Sauce on Egg Noodles Beet & Orange Salad Fruited Gelatin</p>	<p>15</p> <p>Homemade Mexican Corn Soup, w/Salt-Free Crackers, Chicken Torta (Shredded chicken, pinto beans, lettuce, tomato), French Roll, Mayonnai </p>	<p>16</p> <p>White Fish w/Sweet & Sour Sauce, Green Beans Brown Rice, WW Bread w/Promise Tropical Fruit Mix</p>	<p>17</p> <p>Turkey Pot Roast w/ Brown Gravy Mashed Sweet Potatoes Broccoli Diet Cake</p>
		<p>20</p> <p>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</p>	<p>21</p> <p>Homemade Chicken Drumstick Baked Potato w/Sour Cream Peas & Carrots Orange Juice SF Fruit Crisp</p>	<p>22</p> <p>Boxed Lunch Sandwich, Potato Salad, Fruit</p>	<p>23</p> <p>Pork Tenderloin w/ Caramel Sauce Fried Brown Rice Oriental Vegetable Blend Mandarin Oranges</p>	<p>24</p> <p>BBQ McRib Potato Salad Coleslaw French Roll Watermelon</p>
		<p>27</p> <p>MEMORIAL DAY  SENIOR CENTER CLOSED</p>	<p>28</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>29</p> <p>Pork Chile Verde  Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Fruit Mix</p>	<p>30</p> <p>Baked Meatloaf w/Mushroom Gravy Sweet Potatoes Brussels Sprouts SF Cookie</p>	<p>31</p> <p>Split Pea Soup w/Salt-Free Crackers Zucchini, Corn and Egg Casserole, Stewed Tomatoes, WW Dinner Roll w/Promise Melon</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 gelatins 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% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.