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Alignment Healthcare



Senior Lunch Menu – SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
** 2 **	** 3 **	4	5	6
 <p>HAPPY LABOR DAY</p>	<p>Labor Day Post-Celebration BBQ Pulled Pork Sandwich on WW Bun Potato Salad Green Salad w/Dressing Apple Crisp</p>	<p>Tortilla Soup w/SF Crackers Mexican Chicken Bowl (Spring mix, rice, black beans, shredded chicken, tomatoes, corn, cilantro lime dressing & sour cream) Banana</p>	<p>Savory Tomato Braised Tilapia Barley & Mango Salad Peas & Carrots Ambrosia <i>Pianist Rosemary Carda</i></p>	<p>Chicken Strips w/Pineapple Curry (Diced peppers, onions, & carrots) Brown Rice Tomato & Zucchini Salad Peach Crisp DJ MAXX KARAOKE</p>
9 	10	** 11 **	12	13
<p>Black Bean Soup w/SF Crackers Zucchini, Corn & Egg Casserole [Salsa] Tomato & Onion Salad Biscuit w/Promise Tropical Fruit Mix</p>	<p>Chicken Meatballs w/Hawaiian Sauce Rice Pilaf Oriental Vegetable Blend WW Bread w/Promise Fresh Melon</p>	<p>Grilled Cheeseburger on WW Bun w/Shredded Lettuce, Sliced Tomato, & Red Onion Baked Chips [Mayo, Ketchup, Mustard & Relish] Fruited Gelatin</p>	<p>Baked Chicken Drumstick Baked Sweet Potato w/Promise Winter Blend Vegetables (Cauliflower & Broccoli) SF Chocolate Pudding <i>Pianist Rosemary Carda</i></p>	<p>Cream of Spinach Soup w/SF Crackers Open Face Turkey Sandwich w/Mashed Potatoes Turkey Gravy on WW Bread Cranberry Sauce SF Cookie</p>
16	17	18	19 	** 20 **
<p>Breaded Fish Tacos w/Shredded Cabbage Salsa & Pico de Gallo on Soft Flour Tortillas (2) Cilantro Lime Rice Canned Pineapple Chunks</p>	<p>Cranberry Basil Chicken Salad w/“Yogurt” Dressing Served on Fresh Spinach WW Dinner Roll w/Promise Cantaloupe</p>	<p>Cream of Carrot Soup w/SF Crackers Turkey Wrap on Flour Tortilla (Sliced turkey, peppers, tomatoes, spring mix & ranch dressing) Fig Newton</p>	<p>Moroccan Lentil Vegetable Soup w/SF Crackers Veggie Egg Salad Couscous w/Parmesan & Peas Salad WW Dinner Roll w/Promise Tropical Fruit Mix <i>Pianist Rosemary Carda</i></p>	<p>COUNTRY HOE DOWN Chili Dog on a WW Bun [Diced onions, shredded cheese, ketchup, mustard] Baked Chips Creamy Coleslaw SF Ice Cream TICKET REQUIRED</p>
** 23 **	24	25 	26	27
<p>BIRTHDAY CELEBRATION Beef Stew w/Potatoes & Veggies Autumn Salad w/Butternut Squash, Cranberries & Vinaigrette Dressing Corn Muffin w/Promise Pumpkin Pie Cupcakes provided by Right at Home</p>	<p>Baked Meatloaf w/Mushroom Gravy Sweet Mashed Potatoes 5 Way Mixed Vegetables Mandarin Oranges</p>	<p>Vegetarian Lasagna Spring Mix Salad w/Garbanzo & Dressing Orange Pineapple Juice Italian Ice Diet: Canned Apricots</p>	<p>Sweet & Sour Pork (cubed) Broccoli Spears & Sliced Carrots Steamed Rice Fresh Melon <i>Pianist Rosemary Carda</i></p>	<p>Chicken Breast w/ Cilantro Lime Sauce Pinto Beans Spinach Orange Juice Diet Pudding Ice Cream Social with Visiting Angels</p>
30 	<p>Suggested Donation - \$3.00</p> <p>Meal Cost for Under Age 60 - \$5.00</p> <p> Meatless Meal</p>			

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 buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.