



FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Vegetarian Day Baked Ziti Mixed Green Salad w/ Diced Beets Vinaigrette Dressing Whole Grain Bread Pineapple Chunks	2 Tomato Florentine Soup w/Salt Free Crackers Open Face Roast Beef Sandwich Whole Grain Bread Broccoli Salad Fresh Fruit – Diced Cantaloupe	3 Roast Pork w/Apricot Glaze Sweet Potatoes Spinach, Orange & Beet Salad Garnish w/Applesauce Sugar Free Cookie
6 Pot Roast w/Brown Gravy Baked Potato with Light Sour Cream Seasoned Carrots Orange Juice Sugar Free Chocolate Chip Cookies	7 Corn Soup w/Tortilla Strips Chicken Salad on Lettuce Leaf surrounded by Shredded Carrots Succotash Whole Grain Bread Nectarine	8 Cream of Pumpkin Soup w/Salt Free Crackers Roast Turkey w/Gravy Green Beans Almondine Cranberry Sauce Orange-Pineapple Juice Sugar Free Vanilla Pudding	9 Chili Con Carne w/Diced Onions & Shredded Cheese California Blend Vegetables Served w/Corn Muffin Orange Juice Pears & Peaches Medley	10 VEGETARIAN DAY Broccoli Frittata Harvest Salad w/ Cranberries & Sliced Almonds Raspberry Dressing Whole Grain Bread Fresh Fruit - Melon
13 Farmer Soup w/Salt Free Crackers Mrs. Friday's Fish Baked Potatoes Seasoned Spinach Ambrosia	14 HAPPY VALENTINE'S DAY Stuffed Cabbage Rolls Mashed potatoes Chef Cut Vegetables Parker House Roll & Margarine Red Velvet Cake Diet: Yogurt & Blueberries	15 Swedish Meatballs w/ Egg Noodles Seasoned Broccoli Florets Whole Grain Bread Orange Juice Sugar Free Cookie	16 Egg Drop Soup w/Salt Free Crackers Stir Fry Pork w/ Vegetables Quinoa Pilaf Orange-Pineapple Juice Sugar Free Pudding	17 PRESIDENT'S DAY CELEBRATION Beef Pot Roast & Mushroom Gravy Scalloped Potatoes Whole Baby Carrots Apple Pie & Ice Cream Diet: IW Sliced Apples
20  CENTER CLOSED	21 VEGETARIAN DAY Vegetarian Lasagna California Salad Bread Stick Melon	22 Tomato Plum Soup W/ Salt Free Crackers ½ Tuna Salad on Whole Grain Bread Broccoli Salad Sugar Free Butterscotch Pudding	23 Pork Chili Verde Spanish Rice Pinto Beans Whole Wheat Tortilla Fresh Orange	24 Butternut Squash Soup w/Salt Free Crackers Winter Chicken Salad with Citrus and Celery Whole Wheat Dinner Roll, Fruit Delight
27 VEGETARIAN DAY Cottage Cheese and Fruit Plate Atop Fresh Spinach Whole Grain Bread Pineapple Chunks Pear Halves and Orange Slices	28 Minestrone Soup W/Salt Free Crackers Metropolitan Cobb Salad (Grilled Chicken, Crumbled Feta Cheese, atop Chopped Salad with Tomatoes, Chopped Eggs), Dressing Whole Grain Bread Melon	 SeniorSERV™ Securing Home, Health & Heart Suggested Donation \$5 fee for ages 60 & under \$3 over 60		

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & 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