



Alignment Healthcare

Senior Lunch Menu – February 2020

For site specific menu changes or closures click [HERE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pork Tenderloin w/Mushroom Sauce Mashed Potatoes Winter Vegetable Blend WW Dinner Roll SF Fruit Crisp	Grilled Hamburger on WW Bun w/Shredded Lettuce, Sliced Tomato & Red Onion Baked Chips [Mayo, Ketchup, Mustard & Relish] Mandarin Oranges	Butternut Squash Soup w/SF Crackers Kung Pao Chicken Jasmine Rice Sliced Carrots Tropical Fruit Mix	Fish Tacos w/Shredded Cabbage, Salsa & Pico De Gallo Corn Tortilla Mexican Street Corn SF Pudding	Tomato Plum Soup w/SF Crackers Heart Health Salad Garbanzo Beans, Corn, Kidney Beans, Diced Tomatoes, Feta Cheese on a bed of Spinach w/Olive Oil & Lemon Juice Pineapple Chunks
10	11	12	13	**14**
Lemongrass Grilled Chicken Breast Brown Rice Oriental Vegetable Blend Apricots	Black Bean Soup w/SF Crackers Mexican Chicken Bowl (Rice, corn, black beans, spring mix, diced tomatoes, shredded cheese, tortilla strips & cilantro lime dressing) Seasonal Fresh Fruit	Zucchini, Corn & Egg Casserole Redskin Potatoes Spring Mix Salad w/ Raspberry Vinaigrette WW Dinner Roll w/Promise Pico De Gallo Melon	Beef Goulash Mashed Potatoes Spinach Ambrosia	"Valentine's Day Celebration" Stuffed Cabbage Mashed Potatoes Chef Vegetables Blend WW Dinner Roll w/Promise Cake Diet: Fresh Fruit
17	**18**	19	20	21
	"President's Day Celebration" Roast Beef w/Mushroom Gravy Baked Potato w/Sour Cream Chef's Cut Vegetables WW Dinner Roll w/Promise Apple Pie Diet: Fresh Fruit	Tomato Florentine Soup w/SF Crackers Spud Stuffers Baked Potatoes stuffed w/ Vegetarian Chili Shredded Cheese Sour Cream Broccoli Spears SF Custard	Baked Fish w/ Pesto Sauce Rice Pilaf Sliced Carrots WW Dinner Roll w/Promise Mandarin Oranges	Chipotle BBQ Chicken Spanish Rice Mexican Zucchini, Corn & Tomato Salad WW Flour Tortilla SF Fruited Gelatin
24	25	26	27	28
Vegetarian Lasagna Spring Mix w/ Garbanzo Beans Balsamic Vinaigrette Orange Juice Italian Ice Diet: Apricots	Farmers Soup w/SF Crackers Homemade Chicken Drumsticks Baked Sweet Potatoes Mixed Vegetables Pineapple Chunks	Thai Chicken Salad (Chicken Strips Chinese Cabbage, Red Cabbage, Red Peppers, Diced Cucumbers, Chopped Green Onions, Chopped Peanuts & Thai Dressing) WW Dinner Roll w/Promise Canned Fruit Mix	Mexican Beef Enchilada Casserole Spanish Rice Broccoli Spears Melon	Moroccan Lentil Soup w/SF Crackers Turkey Wrap w/ Hummus Spread (Sliced Turkey, Red Bell Peppers, Diced Tomatoes, Romine Lettuce) WW Flour Tortilla Ranch Dressing SF Fruited Gelatin
	Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00		Meatless Meal	

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.

www.MealsOnWheelsoc.org