



Alignment Healthcare



Senior Lunch Menu – March 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	**6**
Pork Chili Verde Spanish Rice Oregon Bean Medley Flour Tortilla 4.5" Ambrosia	Potato Leek Soup w/SF Crackers Cobb Salad Bowl (Diced Chicken, Eggs, Shredded Cheese, Tomato & Red Pepper 50/50 Salad Mix Ranch Dressing) SF Apple Crisp Orange Pineapple Juice	Beef Stroganoff Egg Noodles Sliced Carrots Fresh Melon	Cream of Spinach Soup w/SF Crackers Vietnamese Coconut Curry Chicken Breast Pineapple Fried Rice Broccoli Spears Tropical Fruit	"National Nutrition Month Celebration" Baked Salmon w/Herb Sauce Rice Pilaf Chef Cut Vegetables WW Dinner Roll w/ Promise Angel Food Cake w/ Berries
9	10	11	**12**	13
Macaroni & Cheese Stewed Tomatoes Broccoli Spears Fresh Fruit	Savory Onion Soup w/SF Crackers Open Face Hot Turkey Sandwich Mashed Potatoes w/Gravy WW Bread Cranberry Sauce Mandarin Oranges	Split Pea Soup w/SF Crackers Vietnamese Caramel Chicken Breast Brown Rice Asian Vegetable Blend Ambrosia	"Girls Scouts Day" Grilled Cheeseburger WW Bun Lettuce & Tomato Coleslaw Salad (Mayo, Mustard, Ketchup) Baked Chips Assorted Cookie Diet: Fresh Fruit	Baked Tilapia topped with Savory Tomato Sauce Rice Pilaf Peas & Carrots WW Dinner Roll w/ Promise Orange Juice SF Custard
16	**17**	18	19	20
Grilled Hamburger on WW Bun w/Shredded Lettuce, Sliced Tomato & Red Onion Baked Chips [Mayo, Ketchup, Mustard & Relish] Mandarin Oranges	"St. Patrick's Day" Corned Beef & Cabbage Whole Potatoes Baby Carrots Rye Bread Pistachio Pudding Diet: Fresh Fruit	Butternut Squash Soup w/SF Crackers Kung Pao Chicken Jasmine Rice Sliced Carrots Tropical Fruit Mix	Pork Tenderloin w/Mushroom Sauce Mashed Potatoes Winter Vegetable Blend WW Dinner Roll w/ Promise SF Fruit Crisp	Breaded Fish Tacos w/Shredded Cabbage, Salsa & Pico De Gallo Corn Tortilla Cilantro Lime Rice SF Pudding
23	24	25	26	27
"National Puppy Day" Chili Dog WW Bun Diced Onions & Shredded Cheese (Mustard, Ketchup) Potato Wedges Rainbow Sherbet Diet: Fresh Fruit	Beef Goulash Mashed Potatoes Spinach Ambrosia	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	Lemongrass Grilled Chicken Breast Brown Rice Oriental Vegetable Blend Apricots	Zucchini, Corn & Egg Casserole Redskin Potatoes Spring Mix Salad w/ Raspberry Vinaigrette WW Dinner Roll w/ Promise Melon
30	31			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal
Salisbury Steak w/ Gravy Sweet Mashed Potatoes Green Beans w/ Mushrooms SF Lemon Cookie	Egg Drop Soup w/SF Crackers Chinese Chicken Salad Shredded Cabbage Shredded Carrots Mandarin Orange Sliced Almonds Sesame Dressing Mini Fruit Muffin Seasonal Fresh Fruit			

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.