



Alignment Healthcare

### Senior Lunch Menu – April 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>**2**</b>	<b>3</b>
		Baked Fish w/ Pesto Sauce Rice Pilaf Sliced Carrots WW Dinner Roll w/Promise Mandarin Oranges	<b>"National Burrito Day"</b> Diced Beef WW Flour Tortilla 10" Shredded Lettuce Shredded Cheese Sour Cream Pinto Beans & Spanish Rice Pico De Gallo Churros Diet: Fresh Fruit	Tomato Florentine Soup w/ SF Crackers Spud Stuffers Baked Potatoes w/ Vegetarian Chili Shredded Cheese Sour Cream & Promise Broccoli Spears SF Custard
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>**10**</b>
Vegetable Lasagna Spring Mix Salad w/Garbanzo Beans & Vinaigrette Dressing Orange Juice Apricots	Farmers Soup w/ SF Crackers Chicken Drumstick (1L) Baked Sweet Potato (1) Mixed Vegetables Pineapple Chunks	Homemade Mexican Corn Soup w/SF Crackers Mexican Beef Enchilada Casserole Spanish Rice Broccoli Melon	Thai Chicken Salad (Chicken Strips 3oz, Shredded Cabbage and Carrots, Red Peppers & Diced Cucumbers, Chopped Green Onions, Chopped Peanuts ) Thai Dressing WW Dinner Roll w/Promise Canned Fruit Mix	<b>"Good Friday"</b> Breaded Fish Tacos Shredded Cabbage Cilantro Lime Rice Pico De Gallo Salsa Picante Flour Tortilla - 4.5" (2) Italian Ice Diet: Fresh Fruit
<b>**13**</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>"Spring Celebration"</b> Baked Ham w/Fruit Glaze Yams topped w/Marshmallows Chef Cut Vegetables Parker House Roll w/Promise Pineapple Upside Down Cake Diet: Fresh Fruit	Potato Leek Soup w/SF Crackers Cobb Salad Bowl (Diced Chicken, Eggs, Shredded Cheese, Tomato & Red Pepper 50/50 Salad Mix Ranch Dressing) Orange Pineapple Juice SF Apple Crisp	Veggie Burger on WW Bun w/Shredded Lettuce, Sliced Tomato & Red Onion w/ Garlic Aioli Sauce Baked Chips Banana	Beef Stroganoff Egg Noodles Sliced Carrots Melon	Cream of Spinach Soup w/SF Crackers Vietnamese Coconut Curry Chicken Breast Pineapple Fried Rice Broccoli Spears Tropical Fruit
<b>**20**</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>"Volunteer Recognition Day"</b> Roast Turkey w/Gravy Mashed Potatoes Chef Cut Vegetables Cranberry Sauce Pumpkin Pie w/SF Topping Diet: Fresh Fruit	Baked Tilapia topped with Savory Tomato Sauce Rice Pilaf Peas & Carrots WW Dinner Roll w/ Promise Orange Juice SF Custard	Macaroni & Cheese Stewed Tomatoes Broccoli Spears Fresh Fruit	Split Pea Soup w/SF Crackers Vietnamese Caramel Chicken Breast Brown Rice Asian Vegetable Blend Ambrosia	Beef Taco Salad with Seasoned Ground Beef, Chopped Lettuce, Cheese, Tomatoes, Beans, Sour Cream, Tortilla Strips Orange Juice NSA Vanilla Ice Cream Diet: Fresh Fruit
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Voluntary Contribution - \$3.00  Meal Cost for Under Age 60 - \$5.00</b>
Butternut Squash Soup w/SF Crackers Kung Pao Chicken Jasmine Rice Sliced Carrots Tropical Fruit Mix	Tomato Plum Soup w/ SF Crackers Heart Healthy Salad (Garbanzo Beans, Corn, Kidney Beans, Diced Tomatoes, Feta Cheese w/Olive Oil & Lemon Juice) on a Bed of Spinach Pineapple Chunks	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 Flour Tortilla 4.5" (2) Cilantro Lime Rice SF Pudding	<b>Meatless Meal</b>
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 butterly spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.				
<a href="http://www.MealsOnWheelsoc.org">www.MealsOnWheelsoc.org</a>				