









Alignment Healthcare



**Senior Lunch Menu – March 2020**

<b>Monday</b> <b>2</b> 	<b>Tuesday</b> <b>3</b>	<b>Wednesday</b> <b>4</b>	<b>Thursday</b> <b>5</b>	<b>Friday</b> <b>6</b>
Pork Chili Verde Spanish Rice Oregon Bean Medley Flour Tortilla 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	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  <b>Wii BOWLING</b>	<b>"National Nutrition Month Celebration"</b> Baked Salmon w/Herb Sauce Rice Pilaf Chef Cut Vegetables WW Dinner Roll w/ Promise Angel Food Cake w/ Berries
<b>9</b> 	<b>**10**</b>	<b>11</b>	<b>12</b>	<b>**13**</b>
Macaroni & Cheese Stewed Tomatoes Broccoli Spears Fresh Fruit  <b>MOVIE</b>	<b>(NO MOW Lunch) Senior Club Lunch</b> Corned Beef & Cabbage Mustard Boiled Potatoes Vegetables Salad Dinner roll Dessert  <b>Purchase tickets by 3/9 at 10:00 a.m.</b>	Split Pea Soup w/SF Crackers Vietnamese Caramel Chicken Breast Brown Rice Asian Vegetable Blend Ambrosia	Baked Tilapia topped with Savory Tomato Sauce Rice Pilaf Peas & Carrots WW Dinner Roll w/ Promise Orange Juice SF Custard  <b>KARAOKE</b>	<b>March Birthday Lunch</b> Grilled Cheeseburger WW Bun Lettuce & Tomato Coleslaw Salad (Mayo, Mustard, Ketchup) Baked Chips Assorted Cookie <b>Tickets on sale 2/28 at 9:00 a.m.</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Grilled Hamburger on WW Bun w/Shredded Lettuce, Sliced Tomato & Red Onion Baked Chips [Mayo, Ketchup, Mustard & Relish] Mandarin Oranges	<b>St. Patrick's Day Menu</b> Corned Beef & Cabbage Whole Potatoes Baby Carrots Rye Bread Pistachio Pudding  <b>Wii BOWLING</b>	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 Mexican Street Corn SF Pudding
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> 
<b>"National Puppy Day"</b> Chili Dog WW Bun Diced Onions & Shredded Cheese (Mustard, Ketchup) Potato Wedges Rainbow Sherbet <b>MOVIE</b>	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
<b>30</b>	<b>31</b>			
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 & Carrots Mandarin Orange Sliced Almonds Sesame Dressing Mini Fruit Muffin Seasonal Fresh Fruit	<b>Lunch is served at 11:30 a.m. Monday, Tuesday, Thursday, and Friday and 11:15 a.m. on Wednesday.</b>		<b>Suggested Donation - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <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 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](http://www.MealsOnWheelsoc.org)