



**Huntington Beach Senior Café at the Center— May 2017**  
**714-375-8404 Lunch is served Monday-Friday at 11:15 a.m.**  
**Sign-up by a half hour before service**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>***5***</b>
Sweet N' Sour Pork Pineapple Fried Rice Japanese Blend Vegetables Almond Cookie Fortune Cookie Diet: SF Lemon Cookie	Split Pea Soup w/SF Crackers Chicken Tri-Colored Pasta Salad (Red and Green Bell Peppers, Sliced Mushrooms, Broccoli Florets, Green Onions) Served with Red Wine Vinaigrette Tropical Fruit Mix	Hamburger on WW Bun w/ Red Onions, Tomatoes & Spinach Carrot Salad Cucumber Salad Orange Juice Butterscotch Pudding Diet: SF Butterscotch Pudding	Butternut Squash Soup Stuffed Salmon Topped w/ Newburg Sauce Broccoli Florets Fresh Fruit	<b>*Cinco De Mayo*</b> Beef Tamales with Red Sauce Pinto Beans Spanish Rice Mexican Salad Cilantro, Tomatoes Salsa, Flan Diet; Fresh Fruit
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>***12***</b>
Vegetarian Chili w/ Cheese & Onions Spinach Salad w/ Cherry Tomatoes Vinaigrette Dressing Corn Bread Muffin Mixed Fruit Cup	Baked Meatloaf w/ Mushroom Gravy Mashed Potatoes Brussels Sprouts SF Fruited Gelatin	Chicken Parmesan w/ Marinara Sauce Penne Pasta Italian Blend Vegetables Italian Ice Diet: Fresh Fruit	Chef Salad w/ Turkey Strips, Diced Eggs, Shredded Cheese, Carrots, Tomatoes on 4 Way Mix Salad Raspberry Dressing Dinner Roll Peach Halves w/ Blueberries	<b>*Mother's Day*</b> Stuffed Cabbage Mashed Potatoes 50/50 Salad Mix w/ Cranberries & Almonds Parker House Roll Red Velvet Cake Diet: Fresh Fruit
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>***19***</b>
Mexican Tortilla Soup/ Tortilla Strips Chicken Fiesta Salad On a Bed of Spinach WW Roll & Margarine Honeydew Melon	Roast Pork Loin Topped w/ Raisin Sauce Baby Baker Potatoes Whole Carrots Oatmeal Cookies Diet: SF Lemon Cookie	White Fish Chipotle Mango Sauce Wild Rice Pilaf California Vegetables Blend WW Dinner Roll Fruit Cocktail	Orange Chicken Brown Rice Broccoli Florets Apple	Pasta Primavera 50/50 Mix w/ Shredded Carrots & Diced Cucumbers Breadsticks Lemon Pudding Diet: SF Lemon Pudding
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>***26***</b>
Corn Chowder/ SF Crackers Tuna Entrée Salad w/ Shredded Lettuce, Tomatoes, Sliced Cucumber & Red Onions WW Roll Apricots Halves	Chicken Breast Topped w/ Mushroom & Parsley Gravy Redskin Potatoes Broccoli Florets & Carrot Coins Chocolate Pudding Diet: Chocolate Pudding Orange Juice	Open Face Turkey Sandwich & Gravy Mashed Potatoes Garden Blend Vegetables WG Bread Cranberry Sauce Cantaloupe	Salisbury Steak & Gravy Smashed Sweet Potatoes Brussels Sprouts Trifle Diet: Banana Cake	<b>*Memorial Day Menu*</b> Hot Dog on WW Bun Diced Onions & Relish Boston Beans Corn on the Cob Watermelon
<b>29</b>	<b>30</b>	<b>31</b>		
<b>CLOSED</b> 	Breaded Fish w/ Tartar Sauce Baked Potato w/ Sour Cream Seasoned Carrots Mixed Fruit Cup	Chicken Marsala Parsley Noodles Italian Blend Vegetables Coleslaw w/ Pineapple Orange Juice Canned Peaches	 Alignment Healthcare    	<b>Suggested Donation</b> - \$3.00  <b>Meal Cost for</b> <b>Under Age 60 -</b> <b>\$5.00</b>

All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & 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.