SeniorServ
Securing Home, Health & Heart

Huntington Beach Senior Café at the Center— March 2018

714-375-8404 Lunch is served Monday-Friday at 11:15 a.m.
Sign-up by a half hour before service

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Suggested Donation $3.00 **Meal Cost for Under Age 60**	Alignment Healthcare		Vegetable Soup S/F Crackers Crab Salad On Bed Of Spinach Black Beans and Orange W/ Citrus Dressing Pineapple Chunks	Vegetables Frittata Romaine Salad W/ Tomatoes W/ Balsamic Dressing Mini Blueberry Muffin Fruited Gelatin Diet: SF Fruited Gelatin
5	6	7	8	9
Hearty Beef Stew Broccoli And Red Pepper Salad Cornbread Muffin Fresh Melon	Tomato Florentine Soup W/ SF Crackers Pork Loin W/ Gravy Sweet Potato Bake Whole Wheat Roll Mixed Fruit Cup	**Natl. Nutrition Month** Salmon Fillets Topped W/ Balsamic Maple Glaze Wild Rice Pilaf Baby Carrots LF Yogurt Parfait W/ Blueberries	Vegetarian Lasagna Mixed Salad (50/50 Mix, Red Cabbage & Diced Beets/) Dressing Breadsticks Chocolate Chip Cookie Diet: Diet Cookie Orange Juice	Tortilla Soup/ Tortilla Strips Yucatan Chicken Tacos Three Sisters (Corn, Zucchini, Kidney Beans And Garbanzo Beans) Street Taco Tortilla Ambrosia
12	13	14	15	16
Fettuccini Roasted Butternut Squash W/ Feta Cheese Basil Cobb Salad Ranch Dressing Bran Muffin Trifle Diet: Trifle	Oven Roasted Beef W/ Gravy Mashed Potatoes California Vegetable Blend Whole Grain Bread Fresh Melon	Rita's Spinach Casserole Romaine Salad W/ Red Wine Vinaigrette Whole Wheat Crackers Apple Crisp	Egg Drop Soup W/ SF Crackers Thai Chicken Salad Peanuts Thai Salad Dressing Whole Wheat Roll Mandarin Orange	***St. Patrick's Day*** Corned Beef Cabbage Baby Bakers Whole Baby Carrots Dinner Roll Pistachio Pudding Diet: Lime Fruited Gelatin
19	20	21	22	23
Beef Bolognese On Spaghetti Spinach W/ Dried Cranberry Vinaigrette Whole Grain Breadstick Fresh Melon	Chicken Fajitas W/ Fajita Vegetables Spanish Rice Black Beans Flour Tortilla Custard Diet: Diet Custard	Clam Chowder Soup SF Crackers Mediterranean Tuna Salad On Bed of Spinach Tomato & Zucchini Salad Chilled Tropical Fruit	Sweet And Sour Pork Brown Fried Rice Oriental Blend Oatmeal Cookie Diet: Diet Cookie	Hearty Vegetable Soup Tuna Sandwich Carrot Raisin Salad Whole Grain Bread Fruited Gelatin Diet: Diet Fruited Gelatin
26	27	28	29	30
Roasted Beef Mini Sliders W/ BBQ Sauce Southwest Slaw Chuck Wagon Corn Ambrosia	Turkey Pot Roast & Gravy Baked Potato W/ Sour Cream Capri Blend Vegetables Fresh Fruit	Cream of Carrot SF Crackers Beef, Mango & Barley Salad Whole Wheat Dinner Roll Fresh Melon	Teriyaki Chicken W/ Steamed Rice Broccoli and Carrots Diced Peaches	Stuffed Salmon Boat W/ Newburg Sauce Baked Red Potatoes Spinach Banana Pudding Vanilla Wafer Cranberry Juice

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.
www.SeniorServ.org