



Huntington Beach Senior Café at the Center— January 2019
714-375-8404 Lunch is served Monday-Friday at 11:15 a.m.
Sign-up in the morning before service.



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 FAIRHAVEN <small>MEMORIAL SERVICES - MISSOURI VALLEY</small> <small>MULTIPLURAL HOURS 5:30 PM - 9:00 PM - DAYTON OHIO</small> Alignment Healthcare	CLOSED 	Beef Bolognese Sauce Penne Pasta Parmesan Cheese 50/50 Salad Mix Vinaigrette Dressing Breadsticks Orange Juice Sugar Free Apple Crisp	Pork Tenderloin W/ Apricot Glaze Baby Baker Potatoes Diced Carrots WW Dinner Roll Ambrosia	Fish Tacos Shredded Cabbage Cilantro Lime Rice Soft Corn Tortilla (2) Salsa Chocolate Pudding
7	8	9	10	11 **
Homemade Mexican Corn Soup, SF Crackers Chicken Torta On A French Roll (Shredded Chicken, Pinto Beans Lettuce & Tomato) Mayonnaise Melon	Turkey Pot Roast W/ Gravy Mashed Sweet Potatoes Broccoli Florets Diet Yellow Cake	White Fish Topped W/ Sweet and Sour Sauce Brown Rice Green Beans WW Bread Tropical Fruit Mix	Swedish Meatballs W/ Gravy Butter Noodles Beet & Orange Salad SF Fruited gelatin	Hot Dog W/ Coleslaw Baked Chips Relish Catsup & Mustard Hot Dog Bun SF Popsicles <u>Super Hero Day</u>
14	15	16	17	18
Pasta W/ Butternut Squash & Feta Cheese 3 Way Salad Mix Lemon Vinaigrette Mini Muffin Melon	Homemade Chicken Drumsticks Baked Potato W/ Sour Cream Peas N Carrots Orange Juice	Lentil Soup SF Crackers Spinach & Mushroom Quiche Baby Baker Potato Ambrosia	Mexican Chicken Bowl (Shredded Chicken, Rice, Corn, Black Beans Chopped Romaine, Diced Tomato & Tortilla Strips) Cilantro Lime Vinaigrette Orange Pineapple Juice NS Vanilla Ice Cream	Pork Tenderloin W/ Caramel Vietnamese Sauce Fried Brown Rice Asian Vegetable Blend Mandarin Orange
21	22	23	24	25
CLOSED 	Baked Meatloaf W/ Mushroom Gravy Sweet Potatoes Brussel Sprouts SF Lemon Cookie	Pork Chili Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Fruit Mix	Split Pea & SF Crackers Zucchini Corn & Egg Casserole Stewed Tomatoes WW Dinner Roll Melon	Coconut Chicken Curry W/ Peas And Potatoes Brown Rice Oriental Vegetable Blend Pineapple Chunks
28	29	30	31	
Baked Ziti Harvest Salad W/ Cranberries & Almonds Red Vinaigrette Breadsticks Mandarin Orange	Tomato Florentine Soup & SF Crackers Open Face Turkey San Turkey Gravy Mashed Potatoes WW Bread (1) Cranberry Sauce, SF Chocolate Chip Cookie	Chicken Fajitas Fajita Vegetables Pinto Beans Garden Green Vegetables Salad Italian Dressing Tortilla Flour(1) Tropical Fruit Mix	Grilled Hamburger Lettuce Tomato & Onion Baked Chips WW Bun Mayonnaise & Relish Melon	Suggested Donation \$3.00 Meal Cost for Under Age 60 \$5.00

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