SeniorServ
Nourishing Home, Health & Heart

Huntington Beach Senior Café at the Center— February 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
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FAIRHAVEN Alignment Healthcare	February			Beef Taco Salad (Chopped Lettuce, Pinto Beans, Diced Tomatoes, Shredded Cheese, Tortilla Strips, Cilantro Lime Dressing) Orange Juice SF Custard
4	5	6	7	8
Orange Chicken W/ Orange Glaze Brown Rice Brussel Sprouts Pudding	***Lunar Year*** Egg Drop Soup Pork Loin W/ Sweet & Sour Sauce Brown Rice Green Beans Almond Cookie Fortune Cookie	Pasta Primavera W/ Romesco Broccoli & White Bean Salad 50/50, Salad Mix W/ Red Wine Vinaigrette Breadstick Fruited Gelatin	Homemade Beef Stew W/ Potato & Veggies Winter Vegetable Blend Biscuit Melon	Cheeseburger On WW Bun W/ Lettuce, Tomato, & Red Onion Potato Salad Mayonnaise/ Mustard Fresh Fruit Cup
11	12	13	14	15
Beef Bolognese Pasta W/ Parmesan Cheese 50/50 Salad W/ Vinaigrette Orange Juice Breadstick SF Fruit Crisp	Fish Tacos W/ Shredded Red & White Cabbage Soft Corn Tortillas (2) Cilantro Lime Rice Pudding	Chicken Enchilada Casserole Spanish Rice Zucchini Corn & Tomato Salad Melon	***Valentines Day*** Stuffed Cabbage Mashed Potatoes Chef Blend Vegetables WW Dinner Roll Red Velvet Cake	Homemade Vegetable Soup Grilled Chicken W/ Lemongrass Sauce Steamed Rice Oriental Vegetable Blend, Fruit Cup
18	19	20	21	22
CLOSED	***Presidents Day Celebration*** Roast Beef W/ Mushroom Gravy Baked Potato W/ Sour Cream Chefs Cut Vegetables, WW Dinner Roll W/ Promise Apple Pie	Homemade Mexican Corn Soup Chicken Torta (Shredded Chicken, Pinto Beans, Lettuce, Tomato) French Roll Mayonnaise Melon	Pasta Noodles W/ Beef Meatballs & Swedish Sauce Beet & Orange Salad Fruited Gelatin	Turkey Pot Roast W/ Brown Gravy Mashed Sweet Potatoes Broccoli
25	26	27	28	
Homemade Chicken Drumstick Baked Potato W/ Sour Cream Peas & Carrots Orange Juice SF Fruit Crisp	Pork Tenderloin W/ Caramel Sauce Fried Brown Rice Oriental Vegetable Blend Mandarin Oranges	Mexican Chicken Bowl (Rice, Corn, Black Beans, Chopped Romaine, Diced Tomatoes, Tortilla Strips & Cilantro Lime Vinaigrette) Orange Pineapple Juice SF Ice Cream	Butternut Squash Pasta W/ Feta Cheese Tossed Green Salad W/ Lemon Vinaigrette Dressing Mini Muffin 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