








**Huntington Beach Senior Café at the Center— March 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
  Alignment Healthcare	<b>Suggested Donation \$3.00</b> <b>Meal Cost for Under Age 60 \$5.00</b>  <b>Vegetarian Menu</b>			Homemade Lentil Soup Spinach & Mushroom Quiche Baby Baker Potatoes Ambrosia 
4	5	6	7	8
Pork Chile Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Mix 	Cream of Pumpkin Soup W/ Salt Free Crackers Turkey Wrap (Pepper, Diced Tomatoes, Chopped Romaine, & Ranch Dressing) Flour Tortilla Fruited Gelatin	<i>Ash Wednesday</i> Mrs. Friday's Breaded Pollock Potato Scallops Scandinavian Vegetable Blend Parker House Roll Fresh Fruit	Coconut Chicken Curry (W/ Peas & Potato Curry Sauce) Brown Rice Oriental Vegetables Blend Pineapple Chunks	<i>National Nutrition Month Celebration</i> Baked Salmon W/ Herb Sauce Rice Pilaf Chef Cut Vegetables WW Dinner Roll Melon
11	12	13	14	15
Grilled Hamburger (W/ Shredded Lettuce Sliced Tomato & Onion) On A WW Bun Baked Chips Mayonnaise & Relish Melon	Chicken Fajitas (W/ Fajita Vegetables) Pinto Beans Garden Green Veg Salad W/ Italian Dressing Flour Tortilla (1) Tropical Fruit Mix	Tomato Florentine Soup W/ Salt-Free Crackers Open Face Turkey San (W/ Turkey Gravy & Mashed Potatoes) On WW Bread (1) Cranberry Sauce SF Cookie	Beef Taco Salad (Chopped Lettuce, Pinto Beans, Diced Tomatoes, Shredded Cheese, Tortilla Strips, Cilantro Lime Dressing ) Orange Juice SF Custard	<i>St Patrick's Celebration</i> Corned Beef & Cabbage Whole Baby Potatoes Carrot Coins WW Dinner Roll Pistachio Pudding
18	19	20	21	22
Egg Drop Soup W/ Salt Free Crackers Chinese Chicken Salad (Napa Cabbage, Red Cabbage, Shredded Carrots, Mandarin Oranges, Slivered Almonds, Sesame Dressing) WW Dinner Roll Canned Pineapple	Mexican Fiesta Beef Casserole Spanish Rice Pinto Beans Orange Juice SF Fruit Crisp	Homemade Beef Stew (W/ Potato & Stew Veggies) Winter Vegetable Blend Biscuit Melon	Orange Chicken W/ Orange Glaze Sauce Brown Rice Brussel Sprouts Pudding	Pasta Primavera W/ Romesco Broccoli & White Bean Salad 50/50 Salad Mix  W/ Red Wine Vinaigrette Breadstick Fruited Gelatin
25	26	27	28	29
Pork Tenderloin W/ Apricot Sauce Baby Baker Potatoes Carrot Coins WW Dinner Roll Ambrosia	Chicken Enchilada Casserole Spanish Rice Zucchini Corn & Tomato Salad Melon	Beef Bolognese W/ Parmesan Cheese 50/50 Salad W/ Vinaigrette Orange Juice Breadstick SF Fruit Crisp	Homemade Vegetable Soup Grilled Chicken W/ Lemongrass Sauce Steamed Rice Oriental Vegetable Blend , Fresh Fruit	Fish Tacos W/ Shredded Red & White Cabbage Soft Corn Tortillas (2) Cilantro Lime Rice Pudding

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](http://www.SeniorServ.org)