









**Huntington Beach Senior Café at the Center— August 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
<p><b>Suggested Donation - \$3.00</b></p> <p><b>Meal Cost for Under Age 60 - \$5.00</b></p>  <p><b>Meatless Meal</b></p>	 <b>Alignment Healthcare</b> <b>FAIRHAVEN</b> <small>MEMORIAL SERVICES · MISSION VIEJO MEMORIAL PARK &amp; MORTUARY · SANTA ANA Dignity Memorial® Providers FD 1912 · FD 1313 / COA 659</small>		<p align="center"><b>1</b></p> <p>Grilled Hamburger on WW Bun w/Shredded Lettuce, Sliced Tomato, &amp; Red Onion Baked Chips [Mayo, Ketchup, Mustard &amp; Relish] Fruited Gelatin</p>	<p align="center"><b>2</b></p> <p>Baked Chicken Drumstick Baked Sweet Potato w/ Promise Winter Blend Vegetables (Cauliflower &amp; Broccoli) SF Chocolate Pudding</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>** 9 **</b>
<p>Chicken Enchilada Casserole [Salsa] Mexican Rice Carrot Raisin Salad Orange Juice SF Custard</p>	<p>Breaded Fish Tacos w/Shredded Cabbage Salsa &amp; Pico de Gallo on Flour Tortillas (2) Cilantro Lime Rice Canned Pineapple Chunks</p>	<p>Cranberry Basil Chicken Salad w/ "Yogurt" Dressing &amp; Slivered Almonds Served on Fresh Spinach WW Dinner Roll w/Promise Cantaloupe</p>	<p>Cream of Carrot Soup w/SF Crackers Turkey Wrap on Flour Tortilla (Sliced turkey, peppers, tomatoes, chopped romaine &amp; ranch dressing) Fig Newton</p>	<p><b>Hawaiian Luau Special</b> Chicken Teriyaki on Steamed Rice Pineapple Coleslaw Hawaiian Roll w/ Promise Pineapple Upside-down Cake w/Cool Whip Diet: FreshFruit</p>
<b>** 12 **</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p>Pork Chile Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Fresh Melon</p>	<p>Vegetarian Lasagna Spring Mix Salad w/ Garbanzo &amp; Dressing Orange Pineapple Juice Italian Ice Diet: Canned Apricots</p> 	<p>Chicken Breast w/ Creamy Cilantro Lime Sauce Pinto Beans Spinach Orange Juice Diet Pudding</p>	<p>Tomato Florentine Soup w/SF Crackers Mediterranean Tuna Salad (Chopped bell peppers, olives, cucumber, &amp; egg) on Spring Mix WW Bread w/Promise Ambrosia</p>	<p>Baked Meatloaf w/ Mushroom Gravy Sweet Mashed Potatoes 5 Way Mixed Vegetables Mandarin Oranges</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>Breaded Baked Fish w/ Corn Salsa Mexican Rice Green Beans &amp; Mushrooms WW Bread w/Promise Orange Pineapple Juice Fruit Crisp</p>	<p>Cream of Pumpkin Soup w/SF Crackers Chicken Deli Sandwich w/Lettuce &amp; Tomato on WW Bread (2) [Mayo &amp; Mustard] Tropical Fruit Mix</p>	<p>Beef Taco Salad (Ground beef, chopped lettuce, pinto beans, diced tomatoes, shredded cheese, tortilla strips, sour cream &amp; cilantro lime dressing) Orange Juice SF Ice Cream</p>	<p>Chicken Breast w/ Lemon Herb Sauce Baked Potato w/Sour Cream Sliced Carrots SF Custard</p>	<p>Veggie Chili w/SF Crackers w/Chopped Onions &amp; Shredded Cheese Tossed Green Salad w/ Vinaigrette Dressing  Corn Muffin Mandarin Oranges</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p><b>"Sunday" Brunch</b> Cheese Omelet Tater Tots w/Ketchup Apple Chicken Sausage Garden Green Salad w/Dressing WW Bread w/Promise Fresh Melon</p>	<p>Butternut Squash Soup w/SF Crackers Crab, Corn &amp; Tomato Salad w/Lemon Basil Dressing on a bed of Spinach Mini Blueberry Muffin Tropical Fruit Mix</p>	<p>Beef Chunks w/ Burgundy Sauce Mashed Potatoes Brussel Sprouts SF Fruited Gelatin</p>	<p>Split Pea Soup w/SF Crackers Farro w/Butternut Squash Salad Cherry Tomato Salad w/Shredded Mozzarella &amp; Lemon Vinaigrette SF Cookie </p>	<p>Egg Drop Soup w/SF Crackers Stir-Fry Chicken w/Chow Mein Sauce Brown Rice Oriental Vegetable Blend Fruit Crisp</p>

All meals comply with the Dietary Guidelines for Americans (DGA) 2015 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts 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% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.