

NOVEMBER 2015

Orange County Senior Lunch Program

NOVEMBER 20th Thanksgiving Celebration at Central Orange Senior Center. Registration is required.

Sun

1



8

15

22

29

Mon

2 Dixie Chicken, Succotash, Cheesy Spinach, Baked Sliced Apples

9 Italian Style Pork Chop, Pinto Beans, Broccoli / cheese, Oatmeal Cookie

16 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Strawberries w/topping

21 Meatloaf, Mashed Potatoes w/gravy, Cheesy Spinach, Berry Cup, Brownie

30 Lemon Pepper chicken w/gravy, Parmesan Potatoes, Brussels Sprouts, Berry Cup/ Chocolate Chip Cookie,

Tue

3 Oriental Pepper Steak, Parsley Rice, Green Beans, Fruit Trifle

10 Salisbury Steak, Mashed Potatoes w/gravy, Sweet & Sour Cabbage, Peach Cobbler

17 BBQ Chicken, Macaroni & Cheese, Corn O'Brien, Peanut Butter Cookie, Berry Cup

22 Veggie Lasagna, Caesar Salad w/dressing, Tropical Fruit Salad

Wed

4 Tuna Noodle Casserole, Caesar Salad, Fruit Mix/ Pound Cake

11 Spaghetti Noodles, Italian Meat Sauce, Caesar Salad w/dressing, Pears Delight

18 Meat Lasagna, Tossed Salad, Sliced Peaches, Cookie

23 Beef Ranch Casserole, Rice pilaf, Vegetable Medley, Oatmeal cookie,

Thu

5 BBQ Pork Plate, Black Beans, Confetti Coleslaw, Fruit Cobbler, Cornbread,

12 Turkey Croquette, Parmesan Potatoes, Fresh Seasoned Carrots, Peanut Butter Cookie

19 Beef Tips w/ gravy, Rice, Broccoli w/cheese, Tropical Fruit Salad

26 **CENTER CLOSED**



Fri

6 Beef Piccata, Fresh Mashed Potatoes w/gravy, Greens, Assorted Cake

13 Chicken Florentine, Bread Dressing, Cauliflower & Red Peppers, Poke Cake

20 Honey Glazed Turkey, Whipped Sweet Potatoes, Green Beans w/red peppers, Fruit Trifle

27 **CENTER CLOSED**

Sat

7

14

21

28

All meals are served with Diner Roll and 2% Milk or Skim Milk

Make Half Your Plate Fruits and Vegetables:

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetable your daily goal. Don't let cost stop you from enjoying produce. Frozen and canned are great alternatives. See "20 Ways to Enjoy More Fruit and Vegetables" at www.eatright.org/nutritiontipsheets.