Senior Lunch Menu

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 BBQ Chicken, Macaroni & Cheese Coleslaw, Pineapple, Birthday Cake	2 Meatloaf, Mashed Potatoes w/gravy, Cheesy Spinach, Baked Apples	3 Beef Tips with mushroom sauce, Rice, Seasoned Carrots, Fruit Crisp	4 Cheddar Baked Fish, Potato Fingers, Greens, Assorted Cake	5 Dixie Chicken, Cheesy Broccoli , Bread Dressing, Berry Crisp	6
7	8 Stuffed Peppers, Vegetable Medley, Peach Cobbler	9 Lemon Pepper Chicken, Mashed Potatoes, Cheesy Spinach, Poke Cake	10 Oriental Pepper Steak, Creamy Pasta, Confetti Coleslaw, Brownie	11 Fiesta Pork Chop, Rice Pilaf, Brussel Sprouts, Pear Delight	12 Sliced Glazed Ham, Sweet Potatoes, Lima Beans, Hawaiian Cup, Sugar Cookie	13
14	15 Meat Lasagna, Caesar Salad w/dressing, Fruit Cobbler	16 Italian Pork Chop, Scalloped Potatoes, Green Beans, Fresh Fruit	17 Beef Stroganoff, Jefferson Noodles, Seasoned Carrots, Sliced Peaches, Pound Cake	18 Turkey W/ gravy, Mashed Potatoes, Greens, Fresh Fruit Salad, PB Cookie	19 Teriyaki Chicken, Brown Rice, Zucchini & Tomatoes, Chocolate C. Cookie	20
21	22 Herb Pork, Parmesan Potatoes, Calico Coleslaw, Fruit Cocktail, Cookie	23 Chicken Rice casserole, Corn O'Brien, Brussel Sprouts, Fruit Trifle	24 Spaghetti Noodles, Italian Meat Sauce, Tossed Salad w/dressing, Fresh Fruit	25 Veggie Lasagna, Squash Medley, Strawberries w/topping	26 Honey Glazed Turkey, Sweet Potatoes, Green Beans, Fruit Cobbler	27
28	29 Salisbury Steak, Mashed Potatoes w/gravy, Cheesy Broccoli & Cauliflower, Apple Crisp	30 Pork Roast, Baked Sweet Potatoes Fingers, Green Beans, Strawberries, Confetti Cake				

Dine Out without Ditching Your Goals:

You can dine at a restaurant and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Think about nutritious items you can add to your plate—fruit, veggies, lean meat, poultry or fish—and look for grilled, baked, broiler or steamed items. See "Healthy Eating on the Run" at www.eatright.org/nutritiontipsheets.

All Meals are served with a choice of Skim or 2% Milk and Dinner Roll

Orange County Department on Aging
endless possibilities