



### Senior Lunch Sites – February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>Chili Verde w/ Sour Cream</b> Pinto Beans Spanish Rice Flour Tortilla <i>Fruit Salad</i>  <b>Super Bowl Week!</b>	<b>Roast Turkey w/ Gravy &amp; Cranberry Sauce</b> Stuffing Green Beans Whole Wheat Roll Seasonal Fresh Fruit  <b>Super Bowl Week</b>	Vegetable Soup/ Crackers <b>Chicken Salad on Wheat Bread</b> Lettuce & Tomato Macaroni Salad Apricots  <b>Super Bowl Week</b>	<b>Beef Pot Roast with Gravy</b> Mashed Potatoes Carrots Wheat Roll Pineapple Chunks  <b>Super Bowl Week</b>	<b>Chinese New Year Menu!</b> Egg Drop Soup w/ Crackers <b>Teriyaki Chicken</b> Steamed Rice Oriental Vegetables Almond & Fortune Cookie <b>Super Bowl Week DJ Max Karaoke!</b>
8 ☆	9	10 ☆	11	12
<b>! Hotdog on Wheat Bun w/ Onion/ Relish/ Ketchup</b> Baked Beans Coleslaw Fruit Mix	<b>BBQ Pork</b> Chuckwagon Corn Carrot Raisin Salad French Roll Mandarin Oranges	Minestrone Soup/Crackers <b>Three Meat Lasagna</b> Primavera Mix Salad w/ Italian Dressing Soft Breadstick <i>*Diet Cookie</i>	<b>Chicken Breast w/ Herb Gravy</b> Rice Pilaf Capri Blend Vegetables Whole Wheat Roll <i>*Diet Vanilla Pudding</i>	<b>Valentine's Day Menu- Stuffed Cabbage</b> Mashed Potatoes 3 Way Salad w/ Ranch Dressing Wheat Roll Surprise Dessert <u><b>Ticket Required</b></u>
15	16 ☆	17	18	19 ☆
President's Day! Holiday!  Cypress Senior Center Closed	<b>Mardi Gras Menu!</b> Gumbo Soup With crackers <b>Chicken/Sausage Jambalaya w/ Cajun Rice</b> 4 Way Salad w/French Dressing Diet Cake	<b>Stuffed Salmon Newburg Sauce</b> Rosemary Redskin Potatoes Whole Baby Carrots Wheat Roll Sliced Pears	Tortilla Soup/ <b>Taco Salad w/Chips, Sour Cream, Taco Sauce &amp; Cheese</b> Lettuce & Tomato Spanish Rice Sliced Peaches	<b>Macaroni &amp; Cheese</b> Romaine Salad w/ Thousand Island Dressing Dark Grain Roll <i>*Diet Chocolate Pudding</i>
22 ☆	23	24 ☆	25	26
Cream of Broccoli Soup/Crackers <b>Meatloaf w/ Brown Gravy</b> Scalloped Potatoes 7 Grain Roll Canned Fruit	<b>Chicken Curry</b> Cilantro Rice Carrot Coins Wheat Roll Fresh Fruit	<b>Beef-A-Roni</b> Garden Salad w/ Ranch Dressing Cauliflower Florets Soft Breadstick <i>Fruit Cocktail</i>	<b>Sloppy Joe on Bun</b> Potato Wedges Blended Vegetables <i>*Diet Cookie</i>	Farmer's Soup/ Crackers <b>Ms. Friday's Fish w/ Tartar Sauce</b> Au Gratin Potatoes Whole Wheat Roll Apricots <b>DJ Max Karaoke!</b>
				Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$ 3.50

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & 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. Please see your Site Manager for menu changes. 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. All \* desserts are *Sugar-Free*. 1% milk served daily. ☆ Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.