

MONDAY-FRIDAY  
Lunch Served 11:45-12:30 p.m.

ROSE GARDEN CAFÉ- LAKEVIEW SENIOR CENTER - ELDERLY NUTRITION PROGRAM

**No reservations required**  
**No special requests or menu**  
**substitutions for personal dietary**  
**restrictions.**

1% Milk offered/ Every Meal

\*Vegetarian Option

# JANUARY 2020

Maria Ornelas 949 724-6919

SUGGESTED DONATION:\$4.00  
(60 YEARS & OLDER) COST: \$5.25  
(59 YEARS AND YOUNGER)

Unless noted otherwise

**No senior is denied a meal due to**  
**inability to donate.**

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
Denotes Sodium Higher than 1,000 mg per day, condiments and salad dressings are not analyzed and may increase sodium 	Indicates Special Menu + that has not been analyzed sodium content may exceed 1,000 mg	<b>Center Closed</b> 	<b>Beef "Pho" Soup with green onion, cilantro, lime</b> Vegetable Eggroll (2) Fresh Fruit Cup 1	<b>Chicken Cordon Bleu topped with Hollandaise Sauce</b> Wild Rice Pilaf Sauteed Vegetables with Kale Fruited Gelatin *Chix Tenders with Hollandaise 3
<b>Beef Bourguignon</b> Paris Bistro Salad WW Dinner Roll Orange Juice Pudding of the Day *Mushroom Bourguignon 6	<b>Chicken Marsala</b> Lemon Thyme Brown Rice Herbed Green Beans Lemon Cake *Chix Breast Marsala 7	<b>Cilantro Ginger Cod</b> Sesame Udon Noodles Vegetable with Rice Wine Vinaigrette Mandarin Oranges *Cilantro Ginger Tofu 8	<b>Spinach Pie</b> Baked Tomato Half Roasted Butternut Squash Farro WW Dinner Roll Apple Crisp *Same 9	<b>Turkey Ziti</b> Italian Beans with Red Pepper Whole Grain Garlic Breadstick Fresh Fruit Cup *Vegetable Ziti 10
<b>Pork Milanese with Arugula</b> <b>Tomato Salad, Lemon Wedge</b> Orzo with Spinach, Tomato Whole Grain Garlic Breadstick Fresh Apple Slices *Eggplant Milanese 13	<b>Braised Beef Brisket</b> Creamy Mashed Cauliflower Parslied Carrots Whole Wheat Dinner Roll Fruited Gelatin *Stuffed Portabella 14	<b>Turkey Tomato Basil Wrap</b> Creamy Tomato Bisque Fresh Fruit Cup *Chix Tender Wrap 15	<b>Teriyaki Salmon</b> Jasmine Rice Broccoli with Almonds Citrus Pudding Parfait *Teriyaki Tofu 16	<b>Chicken Macaroni &amp; Cheese</b> Peas and Carrots Roasted Tomato Ambrosia *Macaroni & Cheese 17
<b>CENTER CLOSED</b>  <b>Martin Luther King Jr. Day</b> 20	<b>Country Fried Beef Steak &amp; Gravy</b> Creamy Mashed Potatoes Collard Greens Fresh Melon *Chix Tenders with Gravy 21	<b>Rosemary Lemon Chicken Breast</b> Rice Pilaf Broccoli and Carrots Curried Zucchini Apple Soup Diced Pears *Spinach Wellington 22	<b>Black Bean Veggie Burger</b> Lettuce, Tomato, WW Bun Sweet Potato Fries Crudite & Ranch Dressing Pineapple Chunks *Same 23	<b>Greek Style Baked Cod</b> Whole Wheat Pita Bread Cucumber & Tomato Salad Zucchini Carrot Couscous Pudding of the Day *Baba Ganoush 24
<b>Chicken Focaccia</b> Buttered Noodles Green Beans & Mushrooms Garden Salad with Vinaigrette SF Custard with Berries *Chix Breast Parmesan 27	<b>Fish Taco with Slaw &amp; Lime Crema</b> Corn Tortilla Cilantro Lime Rice Borracha Beans Tropical Fruit Mix *Soy Crumble Tacos ++ 28	<b>Vegetarian Lasagna</b> Italain Lentil Soup Capri Blend Vegetables Whole Grain Garlic Breadstick Fresh Banana *Same 29	<b>Turkey Stuffed Bell Pepper</b> Brussels Sprout Sweet Potato Hash Whole Wheat Dinner Roll Spinach Cranberry Salad Milano Cookie *Wild Rice Stuffed Pepper 30	<b>Super Bowl Lunch ++</b> Sloppy Joes & Pickle Spear, WW Bun Potato Chips Chuckwagon Corn Peach Crisp *Soy Crumble Sloppy Joe 31