



**Senior Luncheon Menu**  
**May 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 All meals in this program provide 1/3 of the Dietary Reference Intake as directed by the Older Californian Nutrition Program 1% milk served with all meals	 Meal >1000 mg sodium) +: good Vitamin C source *: good Vitamin A source 1% Milk offered at all meals #: Whole grains served	1 Italian Chicken Salad +Bell Pepper Strips Pineapple Tidbits WW Roll w/butter 1% Milk	2 SW Chicken Chili +Broccoli Whole Grain Crackers Seasonal Fruit 1% Milk	3  Split Pea with Ham Soup *Carrot Coins +Cauliflower #Biscuit Seasonal Fruit 1% Milk
6 Chicken BLT Salad WW Roll w/margarine Crisp Vegetable Cup +Mango 1% Milk	7 Beef Macaroni Casserole *Sautéed Spinach +Crispy Corn Salad Seasonal Fruit 1% Milk	8 Italian Sausage w/Peppers +Broccoli Raisin Salad Seasonal Fruit 1% Milk	9 Chili Lime Pork Loin *Sweet Potato Salad +Bell Pepper Strips Whole Wheat Roll w/Margarine 1% Milk	10 Garlic Ginger Sticky Pork Brown Rice *CA Blend Vegetables +Mandarin Oranges 1% Milk
13 Tuna Salad on WW Bread *Crisp Vegetable Cup +Mandarin Oranges 1% Milk	14 Chef Salad Plate Whole Grain Crackers +Mango *Carrot Sticks 1% Milk	15 Tostada Salad *CA Blend Veg +Orange Slices Tortilla Chips 1% Milk	16 Spaghetti with Meat Sauce Spinach Salad w/Tomatoes +Fresh Orange #Garlic Bread 1% Milk	17 Scrambled Eggs & Sausage Hash Browns +Bell Pepper Strips WW Bread w/Margarine 1% Milk
20 Egg Salad Sandwich on WW Bread *Apricot Halves +Broccoli Raisin Salad 1% Milk	21 Burger on WW Bun Lettuce/Tomato/Onion *Carrots Coleslaw +Mandarin Oranges 1% Milk	22 Macaroni and Cheese +Broccoli Canned Peaches 1% Milk	23 Chicken Fajitas w/Flour Tortilla# *Carrots +Mango 1% Milk	24 Baked Potato w/Chili +Mandarin Oranges Cornbread 1% Milk
27  Memorial Day Holiday	28 Tuna Wrap# Crisp Vegetable Cup *Sweet Potato Salad +Mango 1% Milk	29 Cobb Salad *Crisp Vegetable Cup +Mandarin Oranges WW Roll w/Margarine 1% Milk	30 Chicken Salad Plate *Crisp Vegetable Cup WW Crackers +Mango 1% Milk	31 Turkey Burger/WW Bun Lettuce/Onions/Tomato +Crispy Corn Salad *Carrot/Raisin Salad 1% Milk

**RESERVATIONS PLEASE CALL 1-Day IN ADVANCE : 209- 480-5170** Approved 4/17/24 Keirnin Harris, RDN Menu subject to change.