

MONDAY-FRIDAY

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

No reservations required

No special requests or menu substitutions for personal dietary restrictions.

1% Milk offered/ Every Meal


*Vegetarian Option

ROSE GARDEN CAFÉ- LAKEVIEW SENIOR CENTER - ELDERLY NUTRITION PROGRAM

MARCH 2020

Maria Ornelas 949 724-6919

SUGGESTED CONTRIBUTION:\$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
Chicken Focaccia Buttered Noodles Green Beans & Mushrooms Garden Salad with Vinaigrette Custard with Berries *Chix Breast Parmesan 2	Fish Taco with Slaw and Lime Crema, Corn Tortilla Cilantro Lime Rice Borracha Beans Tropical Fruit Mix *Soy Crumble Taco 3	Vegetarian Lasagna Italian Lentil Soup Capri Blend Vegetables WG Garlic Breadstick Fresh Banana *Same 4	Turkey Stuffed Bell Pepper Brussels Sprout Sweet Potato Hash WW Dinner Roll Spinach Cranberry Salad/Vinaigrette Milano Cookie *Wild Rice Stuffed Pepper 5	Yankee Pot Roast Boiled Parslied Potatoes Seasoned Carrots Whole Wheat Bread, Apple Crisp Orange Pineapple Juice *Meatless Strips & Gravy 6
Turkey Swiss Cheese Burger Lettuce, Tomato, WG Bun Potato Wedges Creamy Coleslaw Diced Peaches *Garden Swiss Burger 9	National Nutrition Day ++ Baked Salmon with Pesto Sauce Baked Potato, Sour Cream & Chives Blueberry Broccoli Spinach Salad Artisan Dinner Roll, Mandarin Dessert *Stuffed Portabella & Pesto 10	Bean & Cheese Enchilada Casserole Green Salad with Cilantro Vinaigrette Spanish Rice SF Chocolate Cake *Same 11	Beef "Pho" Soup garnished w/lime, green onion, cilantro Vegetable Eggroll (2) Fresh Fruit Cup *Tofu "Pho" Soup 12	Chicken Cordon Bleu topped with Hollandaise Sauce Wild Rice Pilaf Sauteed Vegetables with Kale Fruited Gelatin *Chix Tenders with Hollandaise 13
Beef Bourguignon Paris Bistro Salad WW Dinner Roll Orange Juice SF Pudding of the Day *Mushroom Bourguignon 16	Chicken Marsala Lemon Thyme Brown Rice Herbed Green Beans Lemon Cake *Chix Breast Marsala 17	Cilantro Ginger Cod Sesame Udon Noodles Vegetables with Rice Wine Vinaigrette Mandarin Oranges *Cilantro Ginger Tofu 18	Spinach Pie Baked Tomato Half Butternut Squash Farro Salad WW Dinner Roll Apple Crisp *Same 19	Turkey Ziti Italian Beans with Red Peppers WG Garlic Breadstick Fresh Fruit Cup *Vegetable Baked Ziti 20
Pork Milanese with Arugula, Tomato Salad, Lemon Wedge Orzo w/Spinach, Tomato, Onion WG Garlic Breadstick Fresh Apple Slices *Baked Eggplant Milanese 23	Braised Beef Brisket Creamy Mashed Cauliflower Parslied Carrots WW Dinner Roll SF Fruited Gelatin *Portabella Stuffed Mushroom 24	Tomato Basil Turkey Wrap Creamy Tomato Bisque Fresh Fruit Cup *Chix Tender Tomato Basil Wrap 25	Teriyaki Salmon Jasmine Rice Broccoli with Almonds SF Citrus Pudding Parfait *Teriyaki Tofu 26	March Madness ++ Grilled Beef Hotdogs Hot Dog Bun, Fixings BBQ Baked Beans, Creamy Coleslaw Ice Cream Cone, SF Ice Cream Cup *Grilled Veggie Dog 27 
Turkey Pumpkin Chili Corn Muffin Garden Salad with Vinaigrette Apple Pie, SF Apple Pie *2 Bean Pumpkin Chili 30	Country Fried Beef Steak & Gravy Creamy Mashed Potatoes Collard Greens Fresh Melon Cup *Chix Tenders & Country Gravy 31	Indicates Special Menu ++ that has not been analyzed sodium content may exceed 1,000 mg	Denotes Sodium Higher than 1,000 mg per day, condiments and salad dressings are not analyzed and may increase sodium 