

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

ROSE GARDEN CAFÉ- LAKEVIEW SENIOR CENTER -ELDERLY NUTRITION PROGRAM

SUGGESTED DONATION: \$4.00

(60 YEARS AND OLDER)

**\*Registration Required**

COST: \$5.00

(59 YEARS AND YOUNGER)

Unless noted otherwise

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



**Menu subject to change without notice**

1% Milk offered with Every Meal


**Food is prepared onsite daily**

# October 2014

## New Menu Cycle!

<p>October starts the new menu cycle at the Rose Garden Café. Come enjoy some new exciting menus! November 2<sup>nd</sup> is daylight savings, turn your clock back and enjoy an extra hour.</p>				
<p>1 <b>Beef Chili Colorado with Tortilla Chip</b> Seasoned Beans Orange Jicama Salad Pineapple Upside Down Cake *Kidney Bean Colorado, Corn</p>		<p>2 <b>Chicken Marsala</b> Mashed Potatoes Capri Blend Wheat Roll Raspberry Pears with Pecans *Chix Marsala</p>		<p>3 <b>Miso Glazed Tuna</b> Light Fried Rice Sautéed Bok Choy Lotus Blossom Salad Ice Cream *Miso Glazed Tofu</p>
<p>6 <b>Grilled Saffron Chicken</b> Orzo Rice Pilaf Grilled Tomato Cucumber Salad Flat Bread Seasonal Fruit Salad *Falafel Balls</p>	<p>7 <b>Asian Pork Trio-Lettuce Wrap, Eggroll and Steam Bun</b>  Green Beans and Garlic Sauce Hot and Sour Soup Ambrosia *Edamame Wrap, Eggroll, Wonton</p>	<p>8 <b>Huevos Rancheros</b> Refried Beans Spanish Rice Pudding of the Day *Same</p>	<p>9 <b>Birthday Party Breaded Fish w Tartar Sauce</b> Oven Roasted Potatoes and Yams Seasoned Peas Wheat Roll Cupcake *Breaded Tofu with Tartar Sauce</p>	<p>10 <b>Loaded Open Faced Philly Cheese Steak</b> Potato Salad Cole Slaw Fresh Fruit in Season *Garden Patty Philly Cheese</p>
<p>13 <b>Oven Roasted Turkey and Gravy atop WW Stuffing</b> Kale and Sweet Potato Gratin Pecan Brussels Sprouts Fruited Gelatin *Stuffed Portabella</p>	<p>14 <b>Shepherd's Pie</b> Garden Salad with Tomato Warm Biscuit Angel Food Cake with Strawberry *Lentil Shepherd's Pie</p>	<p>15 <b>Honey Cashew Chicken</b> Steamed Rice Asian Blend Vegetables Orange Blossom Salad Pineapple Chunks *Honey Cashew Tofu</p>	<p>16 <b>Garden Pizza</b> Greek Bean Soup Cucumber Salad Fresh Fruit *Same</p>	<p>17 <b>Dijon Dill Salmon</b> Tortellini and Spinach Beets and Orange and Crème Fraiche Winter Salad/Pumpkin Pie *Eggplant Parmesan</p>
<p>20 <b>Meatloaf and Gravy</b> Baked Potato with Sour Cream Peas and Carrots Wheat Roll Fruit Pie Ala Mode *Lentil Loaf</p>	<p>21 <b>Pork Chop with Raspberry Sauce</b>  Creamy Polenta/Green Beans Apple Crunch Salad Pudding of the Day *Grilled Eggplant Involtini</p>	<p>22 <b>Asian Fish Tacos topped with Slaw</b> Steamed Brown Rice Edamame Beans Sweet Bananas in Coconut Cream *Tofu Tacos</p>	<p>23 <b>Coconut Curry Chicken</b> Steamed Barley and Raisins Sautéed Carrots and Cabbage Flat Bread Mango Yogurt Lasse *Coconut Curry Garbanzos</p>	<p>24 <b>Baked Ziti</b> Grilled Zucchini Garlic Toast Antipasto Salad Fresh Banana *Same</p>
<p>27 <b>Sweet and Sour Cod</b> Steamed Brown Rice Asian Blend Vegetable Tropical Fruit *Sweet and Sour Tofu</p>	<p>28 <b>Artichoke Chicken Pasta</b> Seasoned Green Beans Cesar Salad Cherry Topped Cheesecake *Artichoke White Bean Pasta</p>	<p>29 <b>Cheese Omelet</b> Chili Beans Steamed Spinach Biscuit and Gravy Peaches and Blueberries *Same</p>	<p>30 <b>Turkey Divan atop Broccoli</b> Sweet Potato Bisque Corn Muffin Strawberry Pie *Portabella Divan atop Broccoli</p>	<p>31 <b>Halloween/Trick or Treat Spooky Spaghetti and Eye Balls</b> Vampires Garlic Bread Witch's Mixed Vegetables Bugs and Leaves Salad Creepy Crawler Cake *Spaghetti and Ricotta</p>

 Contains Pork

 Denotes Sodium Higher Than 1,000 mg, condiments and salad dressings are not analyzed and may increase sodium

\*Indicates Vegetarian Entrée

+Indicates Special Menu that has not been analyzed, sodium content may exceed 1,000 mg

## What's Happening this Month

Normal Lunch pricing and times unless otherwise noted.


### Birthday Party – Thursday, October 9<sup>th</sup>

Cupcakes and gifts sponsored by Memorial Care Medical Group and Saddleback Memorial Hospital. Come for lunch this day and get a free gift if this is your birthday month.

Halloween is October 31<sup>st</sup>. This day local Pre-Schools dress up and trick or treat through the halls. If you'd like to enjoy seeing them come to the Center by 9 a.m.



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## Rose Garden Café Notices

Anyone interested in joining us for lunch, must be checked in by 12:30 p.m. and ready to be served. Beverage service will be available until 12:45 and the dining room will close at 1:00 p.m. Thank you.

## Panini Bar is Back!

We are pleased to announce that we will be offering the Panini bar once a month. Time and price same as regular lunch.

This month we will offer on **Thursday, October 23<sup>rd</sup>**

### **Assorted Panini Sandwich+**

Vegetable Soup

Side Salad

Mango Lasse

## Volunteers Needed


Please consider joining the nutrition team of volunteers. Assistance is needed for the following :

- Packing trays for Meals on Wheels trays for delivery
- Food preparation
- Dining room service
- Cleaning after lunch

**Multiple shifts are available Monday- Friday, 8 am -1pm**

**Please contact Yesenia Cervantes at 949 724-6923.**

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