

# Acacia and Laguna Woods

## June 2024 Lunch Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>3.</b>  | <b>4.</b>   | <b>5.</b>  | <b>6.</b>  | <b>7.</b>  |
| <p style="text-align: right;"><b>(3.15 oz)</b></p> <p><b>Chicken Parmesan</b></p> <p>Peas (1/2 c.)<br/>Mixed Fruit (1/2 c.)<br/>French Roll - WGR (2 oz)<br/>1% Milk (8 oz)</p>    | <p style="text-align: right;"><b>(2 oz)</b></p> <p><b>Meatballs (Beef) with BBQ Sauce</b></p> <p>Meatballs (4 each = 2 oz)<br/>Broccoli Normandy (1/2 c.)<br/>Banana (1/2 c.)<br/>Bread – WGR (2 oz.)<br/>1% Milk (8 oz)</p>            | <p style="text-align: right;"><b>(3.62 oz)</b></p> <p><b>Chicken Patty and Gravy</b></p> <p>Chicken Patty Grilled (2.62 oz)<br/>Gravy (1 oz)<br/>Red Potatoes (1/2 c.)<br/>Roll – WGR (2 oz)<br/>Peaches (1/2 c.)<br/>1% Milk (8 oz)</p> | <p style="text-align: right;"><b>(2 oz)</b></p> <p><b>Beef Dippers</b></p> <p>Green Beans (1/2 c.)<br/>Basmati Rice - WGR (1 c.)<br/>Pineapple (1/2 c.)<br/>1% Milk (8 oz)</p>   | <p><b>Soft Tacos</b></p> <p>Ground Turkey Taco Meat (3 oz)<br/>Corn (1/2 c.)<br/>Mild Salsa (1 oz)<br/>Pears (1/2 c.)<br/>Tortillas - WGR (2 oz)<br/>1% Milk (8 oz)</p>  |
| <b>10.</b>   | <b>11.</b>  | <b>11.</b>   | <b>13.</b>   | <b>14.</b>   |
| <p style="text-align: right;"><b>(3 oz)</b></p> <p><b>Korean BBQ Chicken</b></p> <p>Steamed Carrots (1/2 c.)<br/>Pears (1/2 c.)<br/>Brown Rice - WGR (1 c.)<br/>1% Milk (8 oz)</p> | <p style="text-align: right;"><b>(2.4 oz)</b></p> <p><b>Beef Patty w/ Mushrooms</b></p> <p>Peas (1/2 c.)<br/>French Roll - WGR (2 oz)<br/>Pineapple (1/2 c.)<br/>1% Milk (8 oz)</p>   | <p style="text-align: right;"><b>(2.25 oz)</b></p> <p><b>Tuna Salad, Sliced Bread - WGR</b></p> <p>Tuna Salad (3 oz)<br/>Bread – WGR (2 slices)<br/>Green Beans (1/2 c.)<br/>Banana (1/2 c.)<br/>1% Milk (8 oz)</p>                      | <p style="text-align: right;"><b>(2 oz)</b></p> <p><b>Beef Meatballs with Kabob Seasoning</b></p> <p>Meatballs (4 each = 2 oz)<br/>Tomatoes with Red Onion Garnish (1/2 c.)<br/>Basmati Rice - WGR (1 c.)<br/>Applesauce (1/2 c.)<br/>1% Milk (8 oz)</p> | <p style="text-align: right;"><b>(3 oz)</b></p> <p><b>Glazed Pineapple Chicken</b></p> <p>Mixed Vegetables (1/2 c.)<br/>Peaches (1/2 c.)<br/>Roll - WGR (2 oz)<br/>1% Milk (8 oz)<br/><b>Celebration Dessert</b></p> |
| <b>17.</b>   | <b>18.</b>  | <b>19.</b>   | <b>20.</b>   | <b>21.</b>   |
| <p><b>Meatball Hoagie</b></p> <p>Meatballs (4 each = 2 oz)<br/>French Roll - WGR (2.6 oz)<br/>Red Potatoes (1/2 c.)<br/>Pineapple (1/2 c.)<br/>1% Milk (8 oz)</p>                  | <p style="text-align: right;"><b>(3 oz)</b></p> <p><b>Sweet and Sour Chicken</b></p> <p>Carrots (1/2 c.)<br/>Peaches (1/2 c.)<br/>Brown Rice - WGR (1 c.)<br/>1% Milk (8 oz)</p>  | <p style="text-align: right;"><b>(3 oz)</b></p> <p><b>Beef Meatloaf</b></p> <p>Mixed Vegetables (1/2 c.)<br/>Banana (1/2 c.)<br/>Bread – WGR (2 oz)<br/>1% Milk (8 oz)</p>   | <p style="text-align: right;"><b>(3.3 oz)</b></p> <p><b>Cheese Lasagna- WGR</b></p> <p>Peas and Carrots (1/2 c)<br/>Roll - WGR (2 oz)<br/>Pears (1/2 c.)<br/>1% Milk (8 oz)</p>  | <p style="text-align: right;"><b>(2 oz)</b></p> <p><b>Chicken Dippers</b></p> <p>Green Beans (1/2 c)<br/>Basmati Rice - WGR (1 c.)<br/>Applesauce (1/2 c.)<br/>1% Milk (8 oz)</p>                                    |
| <b>24.</b>   | <b>25.</b>  | <b>26.</b>   | <b>27.</b>   | <b>28.</b>   |
| <p style="text-align: right;"><b>(3 oz)</b></p> <p><b>BBQ Chicken Sandwich</b></p> <p>Green Beans and Onions (1/2 c.)<br/>Pineapple (1/2 c.)<br/>1% Milk (8 oz)</p>                | <p style="text-align: right;"><b>(2 oz)</b></p> <p><b>Beef Meatballs with Fajita Vegetables</b></p> <p>Meatballs (4 each = 2 oz)<br/>Broccoli Normandy (1/2 c.)<br/>Basmati Rice - WGR (1 c.)<br/>Pears (1/2 c.)<br/>1% Milk (8 oz)</p> | <p style="text-align: right;"><b>(3.6 oz)</b></p> <p><b>Baked Cajun Fish</b></p> <p>Roll – WGR (2 oz)<br/>Tartar Sauce (1 oz)<br/>Red Potatoes (1/2 c.)<br/>Peaches (1/2 c.)<br/>1% Milk (8 oz)</p>                                      | <p style="text-align: right;"><b>(3 oz)</b></p> <p><b>Salisbury Steak</b></p> <p>Peas (1/2 c.)<br/>Mixed Fruit (1/2 c.)<br/>Bread – WGR (2 oz)<br/>1% Milk (8 oz)</p>  | <p style="text-align: right;"><b>(3 oz)</b></p> <p><b>Chicken w/ Tomatoes</b></p> <p>Steamed Carrots (1/2 c.)<br/>Brown Rice – WGR (1 c.)<br/>Banana (1/2 c.)<br/>1% Milk (8 oz)</p>                                 |
|  | <b>Revised 5/14/24</b>  | <b>*WGR – Whole Grain Rich</b>   | <p><b>The menu is subject to change.</b></p>   | <p><b>The Great American Lunch Box</b><br/>2620 Newport Blvd.<br/>Costa Mesa, CA<br/>92627</p>   |

The Child and Adult Care Food Program is a component of the USDA and administered by The California Department of Education, Nutrition Services Division. This institution is an equal opportunity provider.

Kikkoman Soy Milk is offered to participants when indicated due to a medical or other special dietary need.

Monday

Tuesday

Wednesday

Thursday

Friday



|   |   |  |   |   |
|---|---|--|---|---|
| <p>9:15am: Opposite Words<br/>10:00am: Piano with Pat<br/>10:30am: Spanish Group<br/>11:00am: Chair Dance<br/>12:45pm: Let's Color<br/>1:00pm: Animal Bing<br/>2:00pm: Chair Travel<br/>3:00pm: Chat Pack</p>                       | <p><b>3</b></p> <p>9:15am: Finish the Phrase<br/>10:00am: Bingo with Tim<br/>11:00am: Tone Up Tuesday<br/>11:00am: Women's Group<br/>12:45pm: Name the Tune<br/>1:00pm: Rods &amp; Dogs<br/>1:00pm: Purpose Driven Life<br/>1:00pm: Uno with Tim<br/>2:00pm: Chair Travel<br/>3:00pm: Animal Trivia</p> | <p><b>4</b></p> <p>9:15am: Categories Game<br/>10:00am: Sweet Jingo<br/>11:00am: Stretch &amp; Flex<br/>12:45pm: Word Search Group<br/>1:00pm: Painting<br/>2:00pm: Name that Tune<br/>3:00pm: Balloon Volley Ball</p> | <p><b>5</b></p> <p>9:15am: Guess the Word<br/>10:00am: Pokeno<br/>11:00am: Move to The Groove<br/>11:00am: Men's Group<br/>12:45pm: Social Circle<br/>1:00pm: The Sunshine Group<br/>2:00pm: Dance Party<br/>3:00pm: Card Games</p>         | <p><b>6</b></p> <p>9:15am: Rhyming Words<br/>9:45am: Speech Therapy<br/>10:00am: Loteria<br/>11:00am: Fab &amp; Fit<br/>12:45pm: Relaxation<br/>1:00pm: Silver Singers<br/>2:00pm: Afternoon Bingo<br/>3:00pm: Puzzle Group</p>                     |
| <p>9:15am: Rhyming Words<br/>10:00am: Jim One Man Band<br/>11:00am: Chair Dance<br/>12:45pm: Word Search Group<br/>1:00pm: Family Feud<br/>2:00pm: Gardening/ Table Games<br/>3:00pm: Uno</p>                                       | <p><b>10</b></p> <p>9:15am: Categories Game<br/>10:00am: Bingo with Tim<br/>11:00am: Tone Up Tuesday<br/>11:00am: Women's Group<br/>12:45pm: Relaxation<br/>1:00pm: Purpose Driven Life<br/>1:00pm: Uno with Tim<br/>2:00pm: Jeopardy<br/>3:00pm: Chat Pack</p>   | <p><b>11</b></p> <p>9:15am: Guess the Word<br/>10:00am: Animal Bingo<br/>11:00am: Movement and Music<br/>12:45pm: Let's Color<br/>1:00pm: Micro Bingo<br/>2:00pm: The Price is Right<br/>3:00pm: Table Games</p>       | <p><b>12</b></p> <p>9:15am: Finish the Phrase<br/>10:00am: Pokeno<br/>11:00am: Move to The Groove<br/>11:00am: Men's Group<br/>12:45pm: Name the Tune<br/>1:00pm: Bird House Painting<br/>2:00pm: Card Games<br/>3:00pm: Animal Trivia</p>  | <p><b>13</b></p> <p>9:15am: Opposite Words<br/>9:45am: Speech Therapy<br/>10:00am: Sing Along<br/>11:00am: Fab &amp; Fit<br/>12:45pm: Social Circle<br/>1:00pm: Dance Party<br/>2:00pm: Afternoon Bingo<br/>3:00pm: Sing Along</p>                  |
| <p>9:15am: Guess the Word<br/>10:00am: Piano with Pat<br/>10:30am: Spanish Group<br/>11:00am: Chair Dance<br/>12:45pm: Let's Color<br/>1:00pm: Let's Make a Bracelet / Social Circle<br/>2:00pm: Chair Travel<br/>3:00pm:</p>       | <p><b>17</b></p> <p>9:15am: Opposite Words<br/>10:00am: Bingo with Tim<br/>11:00am: Tone Up Tuesday<br/>11:00am: Women's Group<br/>12:45pm: Name the Tune<br/>1:00pm: Rods &amp; Dogs<br/>1:00pm: Purpose Driven Life<br/>1:00pm: Uno with Tim<br/>2:00pm: Table Games<br/>3:00pm: Nails &amp; Spa</p>  | <p><b>18</b></p> <p>9:15am: Rhyming Words<br/>10:00am: Sweet Jingo<br/>11:00am: Stretch &amp; Flex<br/>12:45pm: Meditation<br/>1:00pm: Micro Bingo<br/>2:00pm: Drum Circle<br/>3:00pm: Chat Pack</p>                   | <p><b>19</b></p> <p>9:15am: Categories Game<br/>10:00am: Pokeno<br/>11:00am: Move to The Groove<br/>11:00am: Men's Group<br/>12:45pm: Social Circle<br/>1:00pm: The Sunshine Group<br/>2:00pm: Painting<br/>3:00pm: Balloon Volley Ball</p> | <p><b>20</b></p> <p>9:15am: Finish the Phrase<br/>9:45am: Speech Therapy<br/>10:00am: The Price is Right<br/>11:00am: Fab &amp; Fit<br/>12:45pm: Word Search Group<br/>1:00pm: Afternoon Bingo<br/>2:00pm: Nails &amp; Spa<br/>3:00pm: Jeopardy</p> |
| <p>9:15am: Finish the Phrase<br/>10:00am: Piano with Pat<br/>11:00am: Chair Dance<br/>12:45pm: Relaxation<br/>1:00pm: Let's make a Bracelet/ Social Circle<br/>2:00pm: Gardening/ table Games<br/>3:00pm: Painting/ Garden Walk</p> | <p><b>24</b></p> <p>9:15am: Rhyming Words<br/>10:00am: Bingo with Tim<br/>11:00am: Chair Dance<br/>12:45pm: Relaxation<br/>1:00pm: Let's make a Bracelet/ Social Circle<br/>2:00pm: Gardening/ table Games<br/>3:00pm: Painting/ Garden Walk</p>  | <p><b>25</b></p> <p>9:15am: Opposite Words<br/>10:00am: Animal Bingo<br/>11:00am: Stretch &amp; Flex<br/>12:45pm: Word Search Group<br/>1:00pm: Micro Bingo<br/>2:00pm: Family feud<br/>3:00pm: Puzzle Group</p>       | <p><b>26</b></p> <p>9:15am: Categories Game<br/>10:00am: Pokeno<br/>11:00am: Move to The Groove<br/>11:00am: Men's Group<br/>12:45pm: Social Circle<br/>1:00pm: Rock Painting<br/>2:00pm: Drum Circle<br/>3:00pm: Uno</p>                   | <p><b>27</b></p> <p>9:15am: Guess the Word<br/>9:45am: Speech Therapy<br/>10:00am: The Price is Right<br/>11:00am: Fab 7 Fit<br/>12:45pm: Name the Tune<br/>1:00pm: Afternoon Bingo<br/>2:00pm: Nails &amp; Spa<br/>3:00pm: The Price is Right</p>  |
| <p>9:15am: Finish the Phrase<br/>10:00am: Piano with Pat<br/>11:00am: Chair Dance<br/>12:45pm: Relaxation<br/>1:00pm: Let's make a Bracelet/ Social Circle<br/>2:00pm: Gardening/ table Games<br/>3:00pm: Painting/ Garden Walk</p> | <p><b>28</b></p> <p>9:15am: Rhyming Words<br/>10:00am: Bingo with Tim<br/>11:00am: Chair Dance<br/>12:45pm: Relaxation<br/>1:00pm: Let's make a Bracelet/ Social Circle<br/>2:00pm: Gardening/ table Games<br/>3:00pm: Painting/ Garden Walk</p>  | <p><b>29</b></p> <p>9:15am: Opposite Words<br/>10:00am: Animal Bingo<br/>11:00am: Stretch &amp; Flex<br/>12:45pm: Word Search Group<br/>1:00pm: Micro Bingo<br/>2:00pm: Family feud<br/>3:00pm: Puzzle Group</p>       | <p><b>30</b></p> <p>9:15am: Categories Game<br/>10:00am: Pokeno<br/>11:00am: Move to The Groove<br/>11:00am: Men's Group<br/>12:45pm: Social Circle<br/>1:00pm: Rock Painting<br/>2:00pm: Drum Circle<br/>3:00pm: Uno</p>                   | <p><b>31</b></p> <p>9:15am: Guess the Word<br/>9:45am: Speech Therapy<br/>10:00am: The Price is Right<br/>11:00am: Fab 7 Fit<br/>12:45pm: Name the Tune<br/>1:00pm: Afternoon Bingo<br/>2:00pm: Nails &amp; Spa<br/>3:00pm: The Price is Right</p>  |