

Healthy Aging Center Acacia

October 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2.	3.	4.	5.	6.
<p style="text-align: right;">(4 oz)</p> <p>Fish Fillet Sandwich - WGR</p> <p>Fish (4oz) Tartar Sauce Peas (1/2 c.) Peaches (1/2 c.) Bun - WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Chicken Dippers</p> <p>Green Beans (1/2 c) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3.15 oz)</p> <p>Chicken Parmesan</p> <p>Peas (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Low Fat Milk (8 oz)</p>	<p>Meatball Hoagie</p> <p>Meatballs (4 each = 2 oz) French Roll - WGR (2.6 oz) Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Chicken w/ Tomatoes</p> <p>Broccoli Normandy (1/2 c.) Basmati Rice – WGR (1 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>
9.	10.	11.	12.	13.
<p style="text-align: right;">(5.5 oz)</p> <p>Cheese Lasagna- WGR</p> <p>Mixed Vegetables (1/2 c.) Pineapple (1/2 c.) Bread - WGR (1 oz) 1% Low Fat Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Meatballs (Beef) with Sesame Sauce</p> <p>Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Applesauce (1/2 c.) Brown Rice – WGR (1 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Turkey and Gravy</p> <p>Mashed Potatoes (1/2 c.) Roll – WGR (2 oz) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Beef Dippers</p> <p>Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Mixed Fruit (1/2 c.) 1% Milk (8 oz)</p>	<p>Soft Tacos</p> <p>Ground Turkey Taco Meat (3 oz) Corn (1/2 c.) Mild Salsa (1 oz) Pears (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)</p>
16.	17.	18.	19.	20.
<p style="text-align: right;">(3 oz)</p> <p>Korean BBQ Chicken</p> <p>Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2.4 oz)</p> <p>Beef Patty w/ Mushrooms</p> <p>Peas (1/2 c) Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Glazed Pineapple Chicken</p> <p>Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Beef Meatballs with Kabob Seasoning</p> <p>Meatballs (4 each = 2 oz) Tomatoes with Red Onion Garnish (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2.25 oz)</p> <p>Tuna Salad, Sliced Bread - WGR</p> <p>Tuna Salad (3 oz) Bread – WGR (2 slices) Green Beans (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>
23.	24.	25.	26.	27.
<p style="text-align: right;">(8 oz)</p> <p>Beef Stew w/Potatoes</p> <p>Green Beans (1/2 c.) Mixed Fruit (1/2 c.) Roll – WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Sweet and Sour Chicken</p> <p>Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Beef Meatloaf</p> <p>Mixed Vegetables (1/2 c.) Applesauce (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3.6 oz)</p> <p>Baked Cajun Fish</p> <p>Roll – WGR (2 oz) Tartar Sauce Red Potatoes (1/2 c.) Pears (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3.3 oz)</p> <p>Cheese Lasagna- WGR</p> <p>Peas and Carrots (1/2 c) Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz) Pumpkin Pie</p>
30.	31.			<p>Menu is subject to change.</p>  <p>1% unflavored milk is provided at mealtimes.</p>
<p style="text-align: right;">(3 oz)</p> <p>BBQ Chicken Sandwich</p> <p>Green Beans and Onions (1/2 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Beef Meatballs with Fajita Vegetables</p> <p>Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz) Celebration Dessert</p>			<p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p> <p>*WGR – Whole Grain Rich</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.

11391 Acacia Parkway
 Garden Grove, CA 92840
 714-530-1566

Center Business Hours

Monday - Friday
 7:00am - 4:30pm

CBAS Program Hours

Monday - Friday
 9:00am - 3:00pm

ADHC/ADP Program Hours

Monday - Friday
 8:00am - 3:00pm

Breakfast will be provided.

Until 10:00am

Lunch will be served.

At 12:00pm

Snack will be served.

At 2:00pm

Program Operations Manager

Natalie Franks

Activities Coordinator

Kate Koo

Activities Coordinator Assistant

Agnes Tolentino

Activities subject to change

If you are in need of additional support, would like to learn more

about the services and resources we provide or need someone to talk to, please

call our Helpline at

844-373-4400

Maintenance Physical Therapy

8:00am to 11:30am &
 12:30pm to 1:30pm

Maintenance Occupational Therapy

8:00am to 11:30am &
 12:30pm to 1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Amanda and Gladys * 1:15 pm Jack o Lantern Bean Bag 1:30 pm Color & Chat</p>	<p>3</p> <p>9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Quizmo 11:00 am Table Games 1:00 pm Move to the Beat w/ Dee 1:00 pm Sensory Spa w/ Gladys 1:15 pm Fall Ball Dart Game 1:30 pm Reminiscing & Table Talk</p>	<p>4</p> <p>9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Melina * 10:00 am Acacia's Silver Vocalists 10:00 am Nutrition Bingo 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Dominos & Tri-ominos 1:30 pm Movie Matinee</p>	<p>5</p> <p>9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Nail & Hand Care 11:00 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Fall Memory Game 1:30 pm Cultural Movie</p>	<p>6</p> <p>Fall Festival 9:00 am Pledge of Allegiance 9:15 am Native American Bingo 10:00 am Fall Walk to the Park w/ Dee 10:30 am Pumpkin Toss 11:00 am Guess the Candy corns 1:00 pm Arts & Craft w/ Pam 1:30 pm Movie Time</p> 	
<p>9</p> <p>9:00 am Pledge of Allegiance 9:15 am Quizmo 10:00 am Health & Wellness w/ Matthew 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Amanda and Gladys * 1:15 pm Parachute Game 1:30 pm Color & Chat</p>	<p>10</p> <p>9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Loteria 11:00 am Table Games 1:00 pm SCFTA's Movement and Music Class w/ Gina 1:15 pm Number Game 1:30 pm Reminiscing & Table Talk</p>	<p>11</p> <p>9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Melina * 10:00 am Acacia's Silver Vocalists 10:00 am Aloha Bingo 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Indoor Bowling 1:30 pm Movie Matinee</p>	<p>12</p> <p>9:00 am Pledge of Allegiance 9:15 am Number Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Nail & Hand Care 11:00 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Dominos & Tri-ominos 1:30 pm Cultural Movie</p>	<p>13</p> <p>Hocus Pocus Day 9:15 am Pledge of Allegiance 9:30 am Witch Hat Ring Toss 10:30 am Polynesian Dance Therapy w/ Catherine * 11:00 am Guess the Candy corns 1:00 pm Halloween Bingo 1:15 pm Table Games 1:30 pm Movie Time</p> 	
<p>16</p> <p>9:00 am Pledge of Allegiance 9:15 am Quizmo 10:00 am Health & Wellness w/ Matthew 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Amanda and Gladys * 1:15 pm Dominos & Tri-Ominos 1:30 pm Color & Chat</p>	<p>17</p> <p>9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Music Bingo 11:00 am Table Games 1:00 pm Move to the Beat w/ Dee 1:00 pm Sensory Spa w/ Pam 1:15 pm 1:30 pm Reminiscing & Table Talk</p>	<p>18</p> <p>9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Melina * 10:00 am Acacia's Silver Vocalists 10:00 am Nutrition Bingo 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Indoor Golf 1:30 pm Movie Matinee</p>	<p>19</p> <p>9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Nail & Hand Care 11:00 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Fall Memory Game 1:30 pm Cultural Movie</p>	<p>20</p> <p>Spooky Fun Friday 9:00 am Pledge of Allegiance 9:30 am Quynh Music Singers 10:00 am Guess the Pumpkin weight 10:30 am Mystery Box Contest 11:00 am Table Games 1:00 pm Halloween Bingo 1:15 pm Color me Spooky corner 1:30 pm Movie Time</p> 	
<p>23</p> <p>9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 10:00 am Health & Wellness w/ Matthew 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Amanda and Gladys * 1:15 pm Number Game 1:30 pm Color & Chat</p>	<p>24</p> <p>9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:00 am Disney Bingo 11:00 am Table Games 1:00 pm Move to the Beat w/ Dee 1:00 pm Sensory Spa w/ Gladys 1:00 pm Balloon Volleyball 1:30 pm Reminiscing & Table Talk</p>	<p>25</p> <p>9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Melina * 10:00 am Acacia's Silver Vocalists 10:30 am Polynesian Dance Therapy w/ Catherine * 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Witch Hat Ring Toss 1:30 pm Movie Matinee</p>	<p>26</p> <p>Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Music Appreciation w/ Greg * 10:30 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Participant Council 1:30 pm Cultural Movie</p> 	<p>27</p> <p>Pumpkin Day 9:00 am Pledge of Allegiance 9:15 am Pumpkin painting w/ Mai 10:00 am Station Trick or Treat 10:30 am Pumpkin Pie Eating Contest 11:00 am Table Games 1:00 pm Halloween Bingo 1:15 pm Halloween Trivia 1:30 pm Movie Time</p> 	
<p>30</p> <p>9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Amanda and Gladys * 1:15 pm Creepy Craft w/ Pam</p>	<p>31</p> <p>Halloween Celebration 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am Pin the Spider in the Web 10:30 am Halloween Dance w/ Jim * 11:00pm Table Games 1:00 pm Halloween Costume Show 1:15 pm Jack o Lantern Toss 1:30 pm Friday the 13th movie</p> 				<p>DRESS TO IMPRESS</p> <p>10/06 - Wear Fall colors 10/13 - Wear Black or Spooky Shirt 10/20 - Wear Purple or Black 10/27 - Wear Orange or Pumpkin theme clothes 10/31 - Wear Halloween Costume</p>

Find our YouTube channel: [Healthy Aging Center: Acacia](#)
 Specialized Group Activities *



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lpad are available for use Mon. to Fri. from 8:00am to 3:00pm