

## Healthy Aging Center Acacia December 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>The menu is subject to change.</b></p>  <p>1% unflavored milk is provided at mealtimes.</p>	<p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p> <p><b>*WGR – Whole Grain Rich</b></p>			<p><b>1.</b></p> <p style="text-align: right;"><b>(3 oz)</b></p> <p><b>Chicken w/ Tomatoes</b></p> <p>Steamed Carrots (1/2 c.) Brown Rice – WGR (1 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>
<b>4.</b>	<b>5.</b>	<b>6.</b>	<b>7.</b>	<b>8.</b>
<p><b>(3.15 oz)</b></p> <p><b>Chicken Parmesan</b></p> <p>Peas (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Low Fat Milk (8 oz)</p>	<p><b>(2 oz)</b></p> <p><b>Meatballs (Beef) with BBQ Sauce</b></p> <p>Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Peaches (1/2 c.) Bread – WGR (2 oz.) 1% Milk (8 oz)</p>	<p><b>Soft Tacos</b></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>	<p><b>(2 oz)</b></p> <p><b>Beef Dippers</b></p> <p>Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p><b>Turkey and Sliced Cheese Sandwich - WGR</b></p> <p>Sliced Turkey (1 oz = 3 slices) Sliced Cheese (1 oz) Peas and Carrots (1/2 c) Banana (1/2 c.) Bread – WGR (2 oz.) Mayo 1% Milk (8 oz)</p>
<b>11.</b>	<b>12.</b>	<b>13.</b>	<b>14.</b>	<b>15.</b>
<p><b>(3 oz)</b></p> <p><b>Korean BBQ Chicken</b></p> <p>Steamed Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p><b>(2.4 oz)</b></p> <p><b>Beef Patty w/ Mushrooms</b></p> <p>Peas (1/2 c) French Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p><b>(2.5 oz)</b></p> <p><b>Chicken Verde</b></p> <p>Black Beans (1/2 c) Mild Salsa (1/2 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)</p>	<p><b>(2 oz)</b></p> <p><b>Beef Meatballs with Kabob Seasoning</b></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><b>(4 oz)</b></p> <p><b>Fish Fillet Sandwich - WGR</b></p> <p>Fish (4oz) Tartar Sauce (1 oz) Green Beans (1/2 c.) Peaches (1/2 c.) Bun - WGR (2 oz) 1% Milk (8 oz)</p>
<b>18.</b>	<b>19.</b>	<b>20.</b>	<b>21.</b>	<b>22.</b>
<p><b>(3 oz)</b></p> <p><b>Cheeseburger on a Bun - WGR</b></p> <p>Hamburger Patty (2.5 oz) Cheese (1 slice) Bun - WGR (2 oz) Ketchup Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p><b>(3 oz)</b></p> <p><b>Sweet and Sour Chicken</b></p> <p>Steamed Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p><b>(3 oz)</b></p> <p><b>Beef Meatloaf</b></p> <p>Broccoli Normandy (1/2 c.) Banana (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)</p>	<p><b>(5.5 oz)</b></p> <p><b>Cheese Lasagna- WGR</b></p> <p>Mixed Vegetables (1/2 c.) Pineapple (1/2 c.) Bread - WGR (1 oz) 1% Low Fat Milk (8 oz)</p>	<p><b>(2 oz)</b></p> <p><b>Chicken Dippers</b></p> <p>Green Beans (1/2 c) Basmati Rice - WGR (1 c.) Mixed Fruit (1/2 c.) <b>Celebration Dessert</b> 1% Milk (8 oz)</p>
<b>25.</b>	<b>26.</b>	<b>27.</b>	<b>28.</b>	<b>29.</b>
	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>

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  
 8:00am - 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
				
<b>4</b> <i>Poinsettia Day</i>  9:00 am Pledge of Allegiance 9:15 am Christmas Music Bingo 10:00 am <b>Chair Fitness w/ Matt *</b> 10:00 am <b>Memories in the Making</b> 11:00 am Poinsettia Craft w/ Pam 1:00 pm <b>Gardening w/ Amanda *</b> 1:00 pm <b>Christmas Sing Along w/ Mai</b> 1:30 pm Music & Relaxation	<b>5</b> 9:00 am Pledge of Allegiance 9:15 am <b>Art Class w/ Jennifer *</b> 10:00 am <b>ESL Class w/ Mai</b> 10:00 am Holiday Quiz Mo 11:00 am Table Games 1:00 pm <b>Heartstring Quartet Performance</b> 1:15 pm Jingle & Wiggle Game 1:30 pm Reminiscing & Table Talk	<b>6</b> 9:00 am Pledge of Allegiance 9:15 am <b>Cooking Class w/ Melina *</b> 10:00 am <b>Acacia's Silver Vocalists</b> 10:00 am Christmas Bingo 10:15 am Sensory Spa 11:00 am Table Games 1:00 pm <b>Fitness Fun w/ Devon *</b> 1:15 pm Balloon Volleyball 1:30 pm Music & Relaxation	<b>7</b> 9:00 am Pledge of Allegiance 9:15 am Holiday Quiz Mo 10:00 am <b>Music Appreciation w/ Greg *</b> 10:00 am Nail & Hand Care 11:00 am Table Games 1:00 pm <b>Mambo Steps w/ Mai</b> 1:00 pm Ball Dart Game 1:30 pm Cultural Video	<b>1</b> <b>Christmas Tree Day</b> 9:00 am Pledge of Allegiance 9:15 am <b>Let's Paint w/ Mai</b> 10:00 am <b>Christmas Tree Decorating</b> 10:30 am Christmas Tree Toss 1:00 pm <b>Christmas Sing Along w/ Pam</b> 1:15 pm Holiday Craft 1:30 pm <b>"The Christmas Story" Movie</b> 
<b>11</b> 9:00 am Pledge of Allegiance 9:15 am Christmas Bingo 10:00 am <b>Chair Fitness w/ Matt *</b> 10:00 am <b>Memories in the Making</b> 11:00 am Table Games 1:00 pm <b>Gardening w/ Amanda *</b> 1:00 pm <b>Christmas Jingle Toss w/ Dee</b> 1:30 pm Holiday Coloring w/ Pam 1:30 pm Music & Relaxation	<b>12</b>  9:00 am Pledge of Allegiance 9:15 am <b>Art Class w/ Jennifer *</b> 10:00 am <b>ESL Class w/ Mai</b> 10:00 am Christmas Music Bingo 11:00 am Table Games 1:30 am <b>SCFTA's Movement and Music w/ Gina *</b> 1:15 pm Christmas Tree Toss 1:30 pm Reminiscing & Table Talk	<b>13</b> 9:00 am Pledge of Allegiance 9:15 am <b>Cooking Class w/ Melina *</b> 10:00 am <b>Acacia's Silver Vocalists</b> 10:00 am Cup Cake tin Challenge 10:30 am Nutrition Bingo 11:00 am Table Games 1:00 pm <b>Fitness Fun w/ Devon *</b> 1:15 pm Sensory Spa 1:30 pm Music & Relaxation	<b>14</b> 9:00 am Pledge of Allegiance 9:15 am <b>Birthday Bingo</b> 10:00 am <b>Music Appreciation w/ Greg *</b> 10:00 am Nail & Hand Care 11:00 am Table Games 1:00 pm <b>Mambo Steps w/ Mai</b> 1:15 pm Number Games 1:30 pm Cultural Video	<b>15</b> <b>Holiday Sweater Day</b>  9:00 am Pledge of Allegiance 9:15 am <b>Quynh Music Singers *</b> 10:00 am <b>Holiday craft w/ Dee</b> 10:30 am Nail & Hand Care 11:00 am Santa's Beard Game  1:00 pm Christmas Bingo 1:15 pm Memory Games 1:30 pm "White Christmas" Movie
<b>18</b> 9:00 am Pledge of Allegiance 9:15 am Christmas Bingo 10:00 am <b>Memories in the Making</b> 10:30 am <b>Let's Get Fit w/ Dee</b> 10:30 am Dominos & Tri Ominos 11:00 am Balloon volleyball 1:00 pm Christmas Sing Along with Pam 1:00 pm Table Games w/ Mai 1:15 pm Let's Color w/ Gladys 1:30 pm Music & Relaxation	<b>19</b>  9:00 am Pledge of Allegiance 9:15 am <b>ESL Class Recognition</b> 10:00 am <b>Acacia' Silver Vocalist Holiday Caroling</b> 10:30 am Christmas Bingo 11:00 am Table Games 1:00 pm Let's Move to the Beat w/ Dee 1:00 pm Holiday Card Craft w/ Pam 1:15 pm Number Games w/ Gladys 1:15 pm Color & Chat w/ Mai 1:30 pm Christmas Movie	<b>20</b> 9:00 am Pledge of Allegiance 9:30 am <b>Let's Cook w/ Dee</b> 10:30 am Mitten unboxing Game 10:30 am <b>Polynesian Dance Therapy w/ Katherine *</b> 11:00 am Table Games 1:00 pm <b>GGHS Choir Holiday Performance *</b> 1:15 pm Christmas Sing Along w/ Pam 1:30 pm Music & Relaxation	<b>21</b>  <b>Birthday Celebration</b> 9:00 am Pledge of Allegiance 9:15 am <b>Birthday Bingo</b> 10:30 am Christmas Tree Toss 11:00 am Jingle Wiggle Contest 11:15 am <b>Come Sing Happy birthday with Us</b> 1:00 pm <b>Mambo Steps w/ Mai</b> 1:00 pm <b>Participant Council</b> 1:15 pm Table Games 1:30 pm Holiday Movie	<b>22</b>  <b>Holiday Celebration</b> 9:00 am Pledge of Allegiance 9:10 am Holiday Blessings * 9:30 am <b>Christmas Sing Along w/ Greg *</b> 10:00 am <b>Holiday Message from Beth &amp; Natalie</b> 10:00 am <b>Staff 12 Days of Christmas</b> 10:00 am Participants Holiday Wishes 11:45 am New Year's Toss 12:00 pm Picture Taking w/ Santa. 1:00 pm Holiday presents giveaway
 <h1 style="color: red;">Happy Holidays &amp; Happy New Year</h1> <p style="color: green;">We will be closed on Monday, December 23<sup>rd</sup> through Tuesday, January 2<sup>nd</sup> in honor of the holidays. The Center will reopen on Wednesday, January 3<sup>rd</sup>, 2024.</p> 				
<p><b>Remember!</b></p> <p>12/1 -- Wear green attire            12/4 -- Bring a Poinsettia plant to remember a loved one.            12/8 -- Wear red &amp; white w/ Holiday Scarf            12/15 -- Wear your Holiday Sweater            12/22 -- Wear Your best Holiday Outfit</p>				

