Healthy aging center Acacia February 2024 Snack Menu

Monday	Monday Tuesday Wednesday Thursday Friday						
Honday	Tucsuay	Wednesday	1.	2.			
*All fruit cups are served in natural fruit juices. Menu is subject to change. *WGR – Whole Grain Rich	Adult Snack Menu The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627	Happy Valentine's Day	Applesauce Cup (1/2 cup) Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)	Mini Bagel - WGR (1 oz) Swiss Cheese Slices (1 oz)			
5.	6.	7.	8.	9.			
Peach Cup in Natural Juice (1/2 cup) Cottage Cheese (2 oz)	Yogurt – Low Fat (4 oz) Pineapple (1/2 cup)	Mandarin Orange Cup in Natural Juice (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	String Cheese (1 oz) Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)	Sliced Apple Bag (1/2 cup) Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)			
12.	13.	14.	15.	16.			
Mandarin Orange Cup in Natural Juice (1/2 cup) Yogurt – Low Fat (4 oz)	Jungle Cracker Bag - WGR (1 oz equivalent) Sliced Apple Bag (1/2 cup)	Banana (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	Wheat Cracker Bag - WGR (1 oz equivalent) String Cheese (1 oz)	Mixed Fruit Cup in Natural Juice (1/2 cup) Mini Bagel - WGR (1 oz)			
19.	20.	21.	22.	23.			
Presidents' Day	Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent) String Cheese (1 oz)	Mini Bagel - WGR (1 oz) Mandarin Orange Cup in Natural Juice (1/2 cup)	Sliced Apple Bag (1/2 cup) Yogurt – Low Fat (4 oz)	Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent) Banana (1/2 cup)			
26.	27.	28.	29.				
Jungle Cracker Bag - WGR (1 oz equivalent) Yogurt – Low Fat (4 oz)	Mandarin Orange Cup in Natural Juice (1/2 cup) String Cheese (1 oz)	Cottage Cheese (2 oz) Sliced Apple Bag (1/2 cup)	Banana (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)				

Healthy aging Center Acacia February 2024 Lunch Menu

	. Corda	y 2024 Lunch		
Monday	Tuesday	Wednesday	Thursday	Friday
			1.	2.
The menu is subject to change. 1% unflavored milk is provided at mealtimes.	The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627 *WGR – Whole Grain Rich	•happy• Valentine's •day•	Meatball Hoagie Meatballs (4 each = 2 oz) French Roll - WGR (2.6 oz) Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)	(3 oz) Sweet and Sour Chicken Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz) Celebration Dessert
5.	6.	7.	8.	9.
(3.15 oz) Chicken Parmesan Peas (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Low Fat Milk (8 oz)	(2 oz) Meatballs (Beef) with BBQ Sauce Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz.) 1% Milk (8 oz)	(3.62 oz) Chicken Patty and Gravy Chicken Patty Grilled (2.62 oz) Gravy (1 oz) Mashed Potatoes (1/2 c.) Roll – WGR (2 oz) Peaches (1/2 c.) 1% Milk (8 oz)	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)	Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Pineapple (1/2 c.) 1% Milk (8 oz)
12.	13.	14.	15.	16.
(3 oz) Korean BBQ Chicken Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	(2.4 oz) Beef Patty w/ Mushrooms Peas (1/2 c) French Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)	Glazed Pineapple Chicken Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz) Celebration Dessert	Heatballs with Kabob Seasoning 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)	(2.25 oz) Tuna Salad, Sliced Bread - WGR Tuna Salad (3 oz) Bread – WGR (2 slices) Green Beans (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)
19.	20.	21.	22.	23.
Presidents' Day	(3 oz) Sweet and Sour Chicken Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	(3 oz) Beef Meatloaf Mixed Vegetables (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	(3.3 oz) Cheese Lasagna- WGR Peas and Carrots (1/2 c) Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)	(2 oz) Chicken Dippers Green Beans (1/2 c) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)
26.	27.	28.	29.	Revised on 1-17-24
(3 oz) BBQ Chicken Sandwich Green Beans and Onions (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)	Heatballs with Fajita Vegetables Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)	(3.6 oz) Baked Cajun Fish Roll – WGR (2 oz) Tartar Sauce (1 oz) Red Potatoes (1/2 c.) Peaches (1/2 c.) 1% Milk (8 oz)	(2.5 oz) Chicken Verde Black Beans (1/2 c) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)	

Healthy Aging Center ACACIA

THERAPY + EXERCISE + FRIENDS + INDEPENDENCE

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

Center Business Hours

Monday - Friday 8:00 am - 4:30 pm

CBAS Program Hours

Monday – Friday 9:00 am – 3:00 pm

ADHC/ADP Program Hours

Monday – Friday 8:00 am – 3:00 pm

Breakfast will be provided

Until 10:00 am

Lunch will be served

At 12:00 pm

Snack will be served

At 2:00 pm

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

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

Maintenance Occupational Therapy

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



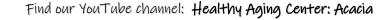
1:00pm Fitness Fun w/ Devon *

1:00pm Nail & Hand Care

1:30pm Color & Chat Corner

Click the thumb to like

1:00pm Men's Squad Group Chat



1:00pm

Gardening w/ Amanda/M

1:00pm Parachute Game w/ Dee

1:00pm Men's Squad w/ Pam

1:30pm Color & Chat Corner

1:00pm

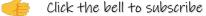


Move to the Beat w/ Dee

1:00pm Water coloring w/ Pam

1:30pm Tuesday Movie Matinee

1:00pm Number Games



1:00pm Mambo Steps w/ Mai

1:00pm Color & Chat

1:30pm Movie Time



2/14 - Wear red, pink or purple

2/23 - Wear Blue Alzoc shirt & Jeans

2/16 - Wear red, white & blue