


**Senior Lunch Menu – May 2022**

Monday 2	Tuesday 3	Wednesday 4	Thursday **5**	Friday 6
Pork Chile Verde Spanish Rice Oregon Bean Medley Tortilla 6" Tropical Fruit Mix	Cheese Ravioli Marinara Sauce Italian Vegetable Blend Carrots SF Pear Crisp	Cream of Celery Soup w/ SF Crackers Winter Chicken Citrus w/ Celery Salad Quinoa, Corn, Mango Salad SF Fruited Gelatin	<b>**Cinco De Mayo**</b> Carnitas Tacos w/ Pico De Gallo Spanish Rice Black Beans Tortillas 4.5" (2) Rice Pudding Diet: Fresh Fruit	Braised Cubed Beef Burgundy Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Promise Ambrosia
<b>**9**</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>**Mother's Day**</b> Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Dinner Roll w/ Promise Assorted Cake Diet: Fresh Fruit	Beef Bolognese Penne Pasta Italian Vegetable Blend WW Dinner Roll w/ Promise Pineapple Chunks	Red Pepper, Zucchini, Cheddar Cheese Frittata Roasted Potatoes Spinach WW Dinner Roll w/ Promise SF Apple Crisp	Cream of Pumpkin Soup w/ SF Crackers Healthy Veggie Salad w/ Shredded Chicken WW Dinner Roll w/ Promise Mandarin Orange	Pork Tenderloin Honey Mustard Sauce Sweet Potatoes Peas and Carrots WW Dinner Roll w/ Promise SF Pudding
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Greek Quinoa w/ Diced Chicken Salad Beets & Mango Salad WW Dinner Roll w/ Promise SF Pear Crisp	Open Faced Roasted Sliced Turkey w/ Turkey Gravy on WW Bread Mashed Potatoes Peas & Carrots Cranberry Sauce Orange Juice SF Custard	Grilled Veggie Burger on WW Bun Shredded Lettuce Sliced Tomato - Red Onion California Salad Baked Chips Mayonnaise, Mustard, Ketchup Tropical Fruit Mix	Cream of Carrot Soup w/ SF Crackers Salisbury Steak Mushroom Gravy Winter Vegetable Blend Mandarin Orange	Chicken Breast w/ Vietnamese Lemongrass Jasmine Rice Oriental Vegetable Blend Banana
<b>23</b>	<b>24</b>	<b>25</b>	<b>**26**</b>	<b>27</b>
Beef Stew w/ Stew Vegetables Baby Potatoes Broccoli WW Dinner Roll w/ Promise Ambrosia	Chicken Breast w/ Diana Sauce Wild Rice Pilaf Spinach WW Dinner Roll w/ Promise Mandarin Orange	Moroccan Lentil Vegetable Soup w/ SF Crackers Baked Fish w/ Tartar Sauce Sweet Potatoes California Vegetables Salad SF Pudding	<b>**Memorial Day Celebration**</b> BBQ McRib Mashed Potatoes Carrot Coins WW Dinner Roll w/ Promise Apple Pie Diet: Fresh Fruit	Mexican Tuna w/ Corn & Tomato Salad Tomato & Cucumber Salad WW Dinner Roll w/ Promise Ambrosia
<b>**30**</b>	<b>31</b>	<b>Congregate Program</b>		<b>Voluntary Contribution - \$3.00</b>
	Grilled Hamburger Shredded Lettuce Sliced Tomato and Red Onion on WW Bun Baked Chips Mayonnaise, Mustard, Ketchup Ambrosia	<b>La Habra</b> – Mondays, Wednesdays, and Thursday <b>Buena Park</b> – Mondays and Wednesdays <b>Cypress</b> – Mondays, Wednesdays, and Thursday <b>Brea</b> – Mondays, Wednesdays, and Thursday <b>Fullerton</b> – Monday and Wednesdays <b>Huntington Beach</b> – Mondays and Wednesdays <b>Tustin</b> – Tuesdays		<b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily.  indicates sodium content over 1,000 mg. \* indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)

