

Senior Lunch Menu – June 2022

Alignment Healthcare

Monday	Tuesday	Wednesday	Thursday	Friday
Congregate Program La Habra – Mondays, Wednesdays, and Thursday Buena Park – Mondays and Wednesdays Cypress – Mondays, Wednesdays, and Thursday Brea – Mondays, Wednesdays, and Thursday Fullerton – Monday and Wednesdays Huntington Beach – Mondays and Wednesdays Tustin – Tuesdays Yorba Linda - Monday, Wednesday and Friday		1 Black Bean Soup w/ SF Crackers Tuna & Chickpea Salad Lemon Orzo Salad WW Dinner Roll w/ Promise SF Cookies Orange Pineapple Juice	2 Turkey Pot Roast w/ Turkey Gravy Sweet Potatoes Broccoli Mandarin Orange	3 ✓ Butternut Squash pasta w/ Feta Cheese Corn, Lima Bean and Tomato Salad WW Crackers Banana
6 Swedish Meatballs Mashed Potatoes California Vegetable Blend WW Dinner Roll w/ Promise SF Apple Crisp	7 Mexican Chopped Salad Coleslaw w/ Pineapple Sauce WW Dinner Roll w/ Promise SF Fruited Gelatin	8 Egg Drop Soup w/ SF Crackers Pecan Chicken Salad On Spinach Asian Marinated Cucumber Pineapple Chunks	9 ✓ Macaroni & Cheese Stewed Tomatoes Broccoli Breadsticks Banana	10 Veggie Chili w/ Kidney Beans Baked Potato w/ Chopped Broccoli, Shredded Cheese & Sour Cream Breadsticks Canned Apricot
13 Pork Chile Verde Spanish Rice Oregon Bean Medley Tortilla 6" Tropical Fruit Mix	14 ✓ Cheese Ravioli Marinara Sauce Italian Vegetable Blend Carrots SF Pear Crisp	15 Cream of Celery Soup w/ SF Crackers Winter Chicken Citrus w/ Celery Salad Quinoa, Corn, Mango Salad SF Fruited Gelatin	**16** "Father's Day Celebration" Roast Beef w/ Brown Gravy Baked Potatoes w/ Sour cream Chef's Cut Vegetables Parker House Dinner Roll w/ Promise Diet: Fresh Fruit Assorted Frozen Dessert	17 Braised Cubed Beef Burgundy Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Promise Ambrosia
20 Diced Chicken w/ A la King Sauce Brown Rice Broccoli Ambrosia	**21** "Welcoming Summer" BBQ Chicken Mashed Potatoes w/ Gravy Green Beans WW Dinner Roll w/ Promise Diet: Fresh Fruit IW Apple Pie	22 ✓ Red Pepper, Zucchini, Cheddar Cheese Frittata Roasted Potatoes Spinach WW Dinner Roll w/ Promise SF Apple Crisp	23 Cream of Pumpkin Soup w/ SF Crackers Healthy Veggie Salad w/ Shredded Chicken WW Dinner Roll w/ Promise Mandarin Orange	24 Pork Tenderloin Honey Mustard Sauce Sweet Potatoes Peas and Carrots WW Dinner Roll w/ Promise SF Pudding
27 Greek Quinoa w/ Diced Chicken Salad Beets & Mango Salad WW Dinner Roll w/ Promise SF Pear Crisp	28 Open Faced Roasted Sliced Turkey w/ Turkey Gravy on WW Bread Mashed Potatoes Peas & Carrots Cranberry Sauce Orange Juice SF Custard	29 ✓ Grilled Veggie Burger on WW Bun Shredded Lettuce Sliced Tomato - Red Onion California Salad Baked Chips Mayonnaise, Mustard, Ketchup Tropical Fruit Mix	30 Cream of Carrot Soup w/ SF Crackers Salisbury Steak Mushroom Gravy Winter Vegetable Blend Mandarin Orange	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 ✓ Meatless Meal

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

