




**Senior Lunch Menu – August 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Salisbury Steak Country Gravy Sweet Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange	<b>2</b> Spinach & Mushroom Quiche Roasted Red Potatoes Scandinavian Vegetable Blend Blueberry Muffin SF Apple Slices Orange Pineapple Juice	<b>3</b> Braised Cubed Beef Burgundy Sauce Quinoa Pilaf Squash Medley WW Dinner Roll w/ Promise Tropical Fruit Mix	<b>4</b> Moroccan Lentil Soup w/ SF Crackers Mediterranean Chickpea Salad Tuna Salad w/ Yogurt Dressing WW Dinner Roll w/ Promise Ambrosia	<b>5</b> Chicken Breast Apricot Sauce Mashed Potatoes Mixed Vegetable Blend SF Cake Fresh Orange
<b>8</b> Cream of Pumpkin Soup w/ SF Crackers Lemon Quinoa Salad Diced Chicken California Salad WW Dinner Roll w/ Promise SF Pear Crisp	<b>9</b> Vietnamese Lemongrass Pork Tenderloin Lemongrass Sauce Brown Rice Oriental Vegetable Blend Pineapple Chunks	<b>10</b> Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Ambrosia	<b>11</b> Meatballs w/ Mushroom Sauce Mashed Potatoes Winter Vegetable Blend SF Custard	<b>12</b> Baked Tilapia Lemon Herb Sauce Sweet Potatoes Green Beans WW Bread w/ Promise Canned Apricots
<b>15</b> Beef Enchiladas Casserole Corn Capri Vegetables Blend Tropical Fruit Mix	<b>16</b> Open Faced LS Turkey Sandwich w/ Turkey Gravy on WW Bread Mashed Potatoes Scandinavian Veg Blend Cranberry Sauce Mandarin Orange	<b>17</b> Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin	<b>**18**</b> <b>**Luuu Celebration**</b> Pulled Pork w/ Polynesian Sauce Rice Pilaf Coleslaw w/ Pineapple Parkerhouse Roll Assorted Ice Cream Diet: Fresh Fruit	<b>19</b> Chicken Strips w/ Honey Mustard Sauce Wild Rice Broccoli Fresh Banana
<b>22</b> Grilled Hamburger Patty On WW Hamburger Bun Shredded Lettuce Sliced Tomato and Red Onion Coleslaw Mayonnaise, Mustard, Ketchup SF Apple Crisp	<b>23</b> Chicken Breast w/ Polynesian Sauce Brown Rice Spinach Tropical Fruit Mix	<b>24</b> Zuni Corn Soup w/ SF Crackers Baked Breaded Fish Tartar Sauce WW Bread w/ Promise Winter Vegetable Blend Fresh Orange	<b>25</b> Pork Chile Verde w/ Verde Sauce Pinto Beans Mixed Vegetable Blend WG Tortilla 6" SF Custard	<b>26</b> Shredded Chicken Herbed Farro Salad w/ Walnut, Spinach, Feta Cheese Tomato & Cucumber Salad Mini Muffin Promise Pineapple Chunks
<b>29</b> Vegetarian Lasagna Winter Vegetable Blend Carrot Coins Breadsticks Tropical Fruit	<b>30</b> Vietnamese Chicken Curry w/ Curry Pineapple Sauce Brown Rice Collard Greens Mandarin Orange	<b>31</b> Cream of Carrot w/ SF Crackers Moroccan Couscous Salad w/ Diced Chicken Broccoli Pepper Salad WW Dinner Roll w/ Promise SF Pudding	<b>Voluntary Contribution</b> - \$3.00  <b>Meal Cost for Under</b> <b>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.

## 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** – Mondays, Tuesdays, and Wednesdays

**Yorba Linda** – Monday, Wednesday, and Friday

**Garden Grove** – Monday, Wednesday, and Friday