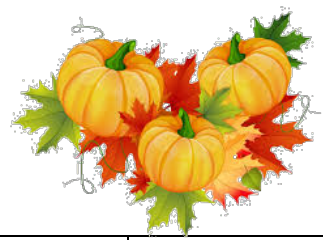


September



Senior Lunch Menu – September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Turkey Pot Roast w/ Turkey Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll w/ Promise SF Custard Orange Pineapple Juice	**2** “Labor Day Celebration” Pulled Pork w/ BBQ Sauce Boston Baked Beans Broccoli WW Dinner Roll Assorted Cake Diet: Fresh Fruit
		5 	6 Pork Tenderloin Chipotle Mango Sauce Spanish Rice Oregon Bean Medley WW Dinner Roll w/ Promise Mandarin Orange	7 Sub Sandwich Roast Beef Sliced Turkey, Slice Swiss Cheese Sliced Tomato and Shredded Lettuce Beets Orange Salad WW French Roll 4" Mayonnaise, Mustard Orange Juice SF Apple Crisp
12 Chicken Breast Apricot Sauce Mashed Potatoes Mixed Vegetable Blend SF Cake Fresh Orange	13 Salisbury Steak Country Gravy Sweet Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange	14 Spinach & Mushroom Quiche Roasted Red Potatoes Scandinavian Vegetable Blend Blueberry Muffin SF Apple Slices Orange Pineapple Juice	**15** “The Country HoeDown Celebration” Chili Dog On WW Bun Baked Redskin Potatoes Mixed Vegetables Pineapple Chunks	16 Moroccan Lentil Soup w/ SF Crackers Mediterranean Chickpea Salad Tuna Salad w/ Yogurt Dressing WW Dinner Roll w/ Promise Ambrosia
19 Vietnamese Lemongrass Pork Tenderloin Lemongrass Sauce Brown Rice Oriental Vegetable Blend Pineapple Chunks	20 Cream of Pumpkin Soup w/ SF Crackers Lemon Quinoa Salad Diced Chicken California Salad WW Dinner Roll w/ Promise SF Pear Crisp	21 Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Ambrosia	22 **First Day of Autumn Celebration** Beef Stew Yellow Squash & Cauliflower Cornbread Muffin w/ Promise Brownie Diet: Fresh Fruit	23 Chicken Meatballs w/ Mushroom Sauce Mashed Potatoes Winter Vegetable Blend SF Custard
26 Chicken Strips w/ Honey Mustard Sauce Wild Rice Broccoli Fresh Banana	27 Beef Enchiladas Casserole Corn Capri Vegetables Blend Tropical Fruit Mix	28 Open Faced LS Turkey Sandwich w/ Turkey Gravy on WW Bread Mashed Potatoes Scandinavian Veg Blend Cranberry Sauce Mandarin Orange	29 Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin	30 Macaroni & Cheese Stewed Tomatoes Succotash Breadsticks Promise Ambrosia

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, Tuesday, Wednesdays, and Thursday
Fullerton – Monday, and Wednesdays
Huntington Beach – Mondays, and Wednesdays
Tustin – Mondays, Tuesdays, Wednesdays, Thursday, and Friday
Yorba Linda – Monday, Wednesday, and Friday
Garden Grove – Monday, Wednesday, and Friday
N. Seal Beach – Thursday