








Senior Lunch Menu – October 2022



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| **3** | 4 | 5 | 6 | 7 |
| “Oktoberfest Celebration” Bratwurst / Sauerkraut German Potato Salad Baby Whole Carrots WG Pretzel Chocolate Cake Diet: Fresh Fruit | Shredded Chicken Herbed Farro Salad w/ Walnut, Cucumber, Feta Cheese Tomato & Cucumber Salad Mini Muffin Promise Pineapple Chunks | Chicken Breast w/ Polynesian Sauce Brown Rice Spinach Tropical Fruit Mix  | Zuni Corn Soup w/ SF Crackers Baked Breaded Fish Tartar Sauce WW Bread w/ Promise Winter Vegetable Blend Fresh Orange | Pork Chile Verde w/ Verde Sauce Pinto Beans Mixed Vegetable Blend WG Tortilla 6" SF Custard  |
| 10 | 11 | 12 | 13 | 14 |
| Turkey Pot Roast w/ Turkey Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll w/ Promise SF Custard Orange Pineapple Juice | Vegetarian Lasagna Winter Vegetable Blend Carrot Coins Breadsticks Tropical Fruit  | Vietnamese Chicken Curry w/ Curry Pineapple Sauce Brown Rice Collard Greens Mandarin Orange  | Cream of Carrot w/ SF Crackers Moroccan Couscous Salad w/ Diced Chicken Broccoli Pepper Salad WW Dinner Roll w/ Promise SF Pudding | Beef Stroganoff w/ Stroganoff Sauce Mashed Potatoes Mixed Vegetables Ambrosia  |
| 17 | 18 | 19 | 20 | 21 |
| Turkey Shepherd's Pie Broccoli Carrots WW Dinner Roll w/ Promise Tropical Fruit Mix | Minestrone Soup w/ Pasta SF Crackers Balsamic Chicken Salad Cucumber & Black-Eyed Salad WW Dinner Roll w/ Promise Ambrosia  | Sub Sandwich Roast Beef Sliced Ham, Slice Swiss Cheese Sliced Tomato and Shredded Lettuce Beets Orange Salad WW French Roll 4" Mayonnaise, Mustard Orange Juice SF Apple Crisp  | Cheese Ravioli Marinara Sauce Italian Vegetable Blend Peas & Carrots Breadstick Pineapple Chunks | Pork Tenderloin Chipotle Mango Sauce Spanish Rice Oregon Bean Medley WW Dinner Roll w/ Promise Mandarin Orange  |
| 24 | 25 | 26 | 27 | 28 |
| Moroccan Lentil Soup w/ SF Crackers Mediterranean Chickpea Salad Tuna Salad w/ Yogurt Dressing WW Dinner Roll w/ Promise Ambrosia  | Chicken Breast Apricot Sauce Mashed Potatoes Mixed Vegetable Blend SF Cake Fresh Orange | Salisbury Steak Country Gravy Sweet Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange | Spinach & Mushroom Quiche Roasted Red Potatoes Scandinavian Vegetable Blend Blueberry Muffin SF Apple Slices Orange Pineapple Juice | Braised Cubed Beef Burgundy Sauce Quinoa Pilaf Squash Medley WW Dinner Roll w/ Promise Tropical Fruit Mix  |
| **31** | Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal | |  | |
| “Halloween Celebration” Bewitched Beef Stew Haunting Red Skin Potatoes Ghostly Capri Vegetable Blend Creepy Crawling Cornbread BOO-licious Pistachio Pudding Diet: Fresh Fruit |  | | | |

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, Tuesday, Wednesdays, and Thursday

Buena Park – Mondays, Tuesday, Wednesdays, and Thursday

Cypress – Mondays, Tuesday, Wednesdays, and Thursday

Brea – Mondays, Tuesday, Wednesdays, and Thursday

Fullerton – Mondays, Tuesday, Wednesdays, and Thursday

Huntington Beach – Mondays, Wednesdays, and Friday

Tustin – Mondays, Tuesdays, Wednesdays, Thursday, and Friday

Yorba Linda – Mondays, Tuesdays, Wednesdays, Thursday, and Friday

Garden Grove – Monday, Tuesday, Wednesday, and Friday

N. Seal Beach – Thursday

Westminster – Mondays, Tuesdays, Wednesdays, Thursday, and Friday

Southwest – Mondays, Tuesdays, Wednesdays, Thursday, and Friday