




Senior Lunch Menu – November 2022



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | 1 | 2 | 3 | 4 |
|  | Vietnamese Lemongrass Pork Tenderloin Lemongrass Sauce Brown Rice Oriental Vegetable Blend Pineapple Chunks | Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Ambrosia | Chicken Meatballs w/ Mushroom Sauce Mashed Potatoes Winter Vegetable Blend SF Custard | Baked Tilapia Lemon Herb Sauce Sweet Potatoes Green Beans WW Bread w/ Promise Canned Apricots |
| 7 | 8 | 9  | **10** | 11 |
| Beef Enchiladas Casserole Corn Capri Vegetables Blend Tropical Fruit Mix | Pulled Pork w/ Brown Gravy Mashed Potatoes Scandinavian Veg Blend WW Bread Mandarin Orange | Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin | "Veteran's Day Celebration" Roast Beef w/ Gravy Mashed Potatoes Chef's Cut Vegetables WW Dinner Roll w/ Promise Assorted Fruit Pie Diet Fruit: Fruit Mix |  |
| 14 | 15  | 16 | 17 | 18 |
| Grilled Hamburger Patty On WW Hamburger Bun Shredded Lettuce Sliced Tomato and Red Onion Coleslaw Mayonnaise, Mustard, Ketchup SF Apple Crisp | 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 | Shredded Chicken Herbed Farro Salad w/ Walnut, Cucumber, Feta Cheese Tomato & Cucumber Salad Mini Muffin Promise Pineapple Chunks |
| 21 | 22  | **23** | 24 | 25 |
| Vietnamese Chicken Strips w/ Curry Pineapple Sauce Brown Rice Collard Greens Mandarin Orange | Vegetarian Lasagna Winter Vegetable Blend Carrot Coins Breadsticks Tropical Fruit Mix | "Thanksgiving Celebration" Baked Ham w/ Apricot Glaze Cornbread Stuffing Yams w/ Marshmallows Parker Roll w/ Promise Pumpkin Pie Diet Fruit: Mandarin Oranges |  | |
| **28** | 29 | 30 | | |
| "Thanksgiving Brunch" Spinach & Mushroom Quiche Roasted Redskin Potatoes Peas & Carrots WW Dinner Roll w/ Promise Holiday 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 | Minestrone Soup w/ Pasta SF Crackers Balsamic Chicken Salad Cucumber & Black-Eyed Salad WW Dinner Roll w/ Promise Ambrosia | 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.

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
Santa Ana – Mondays, Tuesdays, Wednesdays, Thursday, and Friday
Stanton – Mondays, Tuesday, Wednesdays, and Thursday
Orange – Mondays, Wednesdays, and Friday