



**Senior Lunch Menu – December 2022**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Voluntary Contribution - \$3.00</b></p> <p><b>Meal Cost for Under Age 60 - \$5.00</b></p> <p> <b>Meatless Meal</b></p>			<p><b>1</b></p> <p>Turkey Shepherd's Pie Broccoli Carrots WW Dinner Roll w/ Promise Tropical Fruit Mix</p>	<p><b>2</b> </p> <p>Cheese Ravioli Marinara Sauce Italian Vegetable Blend Peas &amp; Carrots Breadstick Pineapple Chunks</p>
<p><b>5</b></p> <p>Salisbury Steak Country Gravy Sweet Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange</p>	<p><b>6</b> </p> <p>Spinach &amp; Mushroom Quiche Roasted Red Potatoes Scandinavian Vegetable Blend Blueberry Muffin SF Apple Slices Orange Pineapple Juice</p>	<p><b>7</b></p> <p>Braised Cubed Beef Burgundy Sauce Quinoa Pilaf Squash Medley WW Dinner Roll w/ Promise Tropical Fruit Mix</p>	<p><b>8</b></p> <p>Moroccan Lentil Soup w/ SF Crackers Mediterranean Chickpea Salad Tuna Salad w/ Yogurt Dressing WW Dinner Roll w/ Promise Ambrosia</p>	<p><b>9</b></p> <p>Chicken Breast Apricot Sauce Mashed Potatoes Mixed Vegetable Blend SF Cake Fresh Orange</p>
<p><b>12</b></p> <p>Cream of Pumpkin Soup w/ SF Crackers Lemon Quinoa Salad Diced Chicken California Salad WW Dinner Roll w/ Promise SF Pear Crisp</p>	<p><b>13</b></p> <p>Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas &amp; Carrots WW Dinner Roll w/ Promise Ambrosia</p>	<p><b>14</b></p> <p>Vietnamese Lemongrass Pork Tenderloin Lemongrass Sauce Brown Rice Oriental Vegetable Blend Pineapple Chunks</p>	<p><b>**15**</b></p> <p><b>"Holiday Celebration"</b> Chicken Cordon Bleu Wild Rice Pilaf Chef's Cut Vegetables Parker House Roll w/ Promise Special Dessert Diet Fruit: Ambrosia</p>	<p><b>16</b></p> <p>Baked Tilapia Lemon Herb Sauce Sweet Potatoes Green Beans WW Bread w/ Promise Canned Apricots</p>
<p><b>19</b> </p> <p>Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber &amp; Cranberries Tomato &amp; Zucchini Salad SF Fruited Gelatin</p>	<p><b>20</b></p> <p>Southern Pulled Pork w/ Brown Gravy Mashed Potatoes Scandinavian Veg Blend WW Bread Mandarin Orange</p>	<p><b>21</b></p> <p>Beef Enchiladas Casserole Corn Capri Vegetables Blend Tropical Fruit Mix</p>	<p><b>**22**</b></p> <p><b>"Winter Celebration"</b> Cream Pumpkin Soup w/ SF Crackers Pot Roast Smothered w/ Onions &amp; Gravy Mashed Potatoes Winter Vegetable Blend WW Dinner Roll w/ Promise Assorted Cake Diet Fruit: Fresh Fruit</p>	<p><b>23</b></p> <p>Chicken Strips w/ Honey Mustard Sauce Wild Rice Broccoli Fresh Banana</p>
<p><b>26</b></p> <p> </p>	<p><b>27</b></p> <p>Chicken Breast w/ Polynesian Sauce Brown Rice Spinach Tropical Fruit Mix</p>	<p><b>28</b></p> <p>Zuni Corn Soup w/ SF Crackers Baked Breaded Fish Tartar Sauce WW Bread w/ Promise Winter Vegetable Blend Fresh Orange</p>	<p><b>**29**</b></p> <p><b>"New Year Celebration"</b> Beef Pot Roast w/ Gravy Mashed Potatoes Winter Vegetable Blend WW Dinner Roll w/ Promise IW Cheesecake Diet Fruit: Fruit Mix</p>	<p><b>30</b></p> <p>Shredded Chicken Herbed Farro Salad w/ Walnut, Cucumber, Feta Cheese Tomato &amp; Cucumber Salad Mini Muffin Promise Pineapple Chunks</p>

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, Thursday and Friday

**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, Tuesdays, Wednesdays, Thursday, and Friday

**Anaheim West** - Tuesday, Wednesdays, and Thursday