

January



Senior Lunch Menu – January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Pork Tenderloin w/ Orange Raisin Sauce Mashed Potatoes Chef's Vegetable Blend WW Dinner Roll w/Promise Pineapple Chunks	4 Chicken Breast w/ NEW Sweet Citrus Glaze Jasmine Rice Winter Vegetable Blend WW Dinner Roll w/ Promise SF Cookie	5 Baked Breaded Fish Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia	6 Turkey Pot Roast w/ Turkey Gravy NEW Polenta (Cornmeal) w/ Parmesan Cheese Sliced Carrots Crackers Tropical Fruit Mix
9 NEW Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/ Promise Parmesan Cheese SF Fruited Gelatin	10 Our Best Tortilla Soup w/ Tortilla Chips NEW Chicken Tinga Taco NEW Cilantro Lime Slaw Tortilla Tropical Fruit Mix	11 Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/Promise SF Custard	12 Salisbury Steak Mushroom Gravy Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp	**13** "MLK Day Celebration" BBQ McRib Parkerhouse Roll w/ Promise Mashed Potatoes Baked Beans Collard Greens Apple Pie Diet: Fresh Fruit
16 	17 LS Roast Turkey Breast w/ Hummus Sandwich WW Pita Bread Tomato and Cucumber Salad Barley Corn and Mango Salad Canned Peaches	18 Split Pea Soup w/ SF Crackers NEW Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp	19 Pork Tenderloin w/ NEW Honey Garlic Sauce Brown Rice Collard Greens WW Dinner Roll w/ Promise SF Custard	20 Cream of Carrot Soup w/ SF Crackers Mexican Tuna Salad Barley Mango Salad WW Dinner Roll w/ Promise Pineapple Chunks
23 *Lunar New Year* Pork Tenderloin w/ Sweet & Sour Sauce Egg Roll Chow Mein Noodles Oriental Vegetable Blend SF Mandarin Orange Gelatin w/ Fortune Cookie	24 Crumbled Beef Bolognese Sauce Penne Pasta Italian Vegetable Blend WW Dinner Roll w/ Promise Orange Juice SF Custard	25 Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/ Promise Canned Pears	26 Minestrone w/ Pasta Soup w/ SF Crackers NEW Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Promise Ambrosia	27 NEW Barbacoa Beef Beans and Corn Salad Oregon Bean Medley Tortilla SF Fruited Gelatin
30 Vegetarian Lasagna Succotash Sliced Carrots Crackers Ambrosia	31 NEW Huli Huli Chicken Strips w/ Huli Huli Pineapple Sauce Jasmine Rice Broccoli SF Fruited Gelatin	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, 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