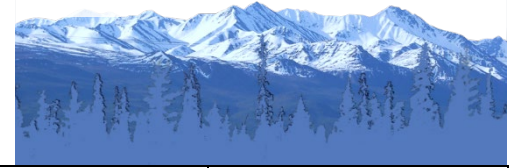
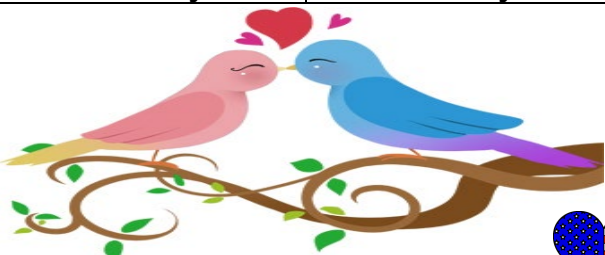






HELLO February

Senior Lunch Menu – February 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fish Tacos Cilantro Lime Coleslaw Black Beans and Lentil Salad Tortilla Pico de Gallo SF Custard	2 New Turkey White Bean Chili Mixed Vegetables Peas and Carrots Cornbread w/ Promise Pineapple Tidbits	3 Black Bean Soup SF Crackers New Cobb Salad w/ Homemade Ranch Dressing Lemony Lentil Salad Mandarin Orange
		6 Baked Meatloaf New Savory Tomato Sauce Mashed Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise SF Apple Crisp	7 New Pork Carnitas Cilantro Lime Rice Oregon Bean Medley Tortilla Pico de Gallo SF Fruit Gelatin	8 Beef Stew W/ Sauce & Stew Vegetable Baby Whole Potatoes WW Dinner Roll W/ Promise Tropical Fruit Mix
13 Cream of Butternut Squash Soup w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	**14** ** Valentine's Day Celebration ** Stuffed Cabbage Mashed Potatoes Chef's Cut Vegetable Blend WW Dinner Roll w/ Promise IW Assorted Cake Diet: Fresh Fruit	15 Chicken Breast w/ Sweet Citrus Glaze Jasmine Rice Winter Vegetable Blend WW Dinner Roll w/ Promise SF Cookie	16 Breaded Fish w/ Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia	**17** **President Day Celebration** Braised Cube Beef w/ Mushroom Sauce Baked Potato w/ Sour Cream WW Dinner Roll w/ Promise IW Ice Cream Diet: Tropical Fruit Mix
20 	21 Our Best Tortilla Soup w/ Tortilla Chips Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix	22 Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/ Promise SF Custard	23 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp	24 Chicken Strips w/Lemongrass Sauce Brown Rice Japanese's Vegetable Blend Mandarin Orange
27 Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/ Promise Canned Peaches	28 LS Roast Turkey Breast w/ Hummus Sandwich WW Pita Bread Tomato and Cucumber Salad Barley Corn and Mango Salad Mandarin Orange	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

Abrazar Inc – Every Day of the Week

Anaheim West - Tuesday, Wednesdays, and Thursday

Brea – Mondays, Tuesday, Wednesdays, and Thursday

Buena Park – Mondays, Tuesday, Wednesdays, and Thursday

Costa Mesa - Mondays, Tuesday, Wednesdays, and Thursday

Cypress – Mondays, Tuesday, Wednesdays, and Thursday

Fountain Valley – Tuesday & Thursday

Fullerton – Mondays, Tuesday, Wednesdays, and Thursday

Garden Grove – Monday, Tuesday, Wednesdays, and Friday

Huntington Beach – Mondays, Wednesdays, and Friday

La Habra – Every Day of the week

Midway – Every Day of the Week

N. Seal Beach – Every Day of the week

Orange – Every Day of the week

Santa Ana – Every Day of the week

Southwest – Every Day of the week

Stanton – Mondays, Tuesday, Wednesdays, and Thursday

Tustin – Every Day of the Week

Westminster – Every Day of the week

Yorba Linda – Every Day of the week