




Senior Lunch Menu – March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal	1 Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg. Salad SF Apple Crisp	2 Pork Tenderloin Honey Garlic Sauce Brown Rice Collard Greens WW Dinner Roll w/ Promise SF Custard	3 Cream of Carrot Soup w/ SF Crackers Mexican Tuna Salad Barley Mango Salad WW Dinner Roll w/ Promise Pineapple Chunks
		6 Barbecoa Beef Black Bean & Corn Salad Mexican Rice Tortilla SF Fruited Gelatin	7 Crumbled Beef w/ Bolognese Sauce Penne Pasta Italian Veg. Blend WW Dinner Roll w/ Promise SF Custard Orange Juice	** 8 ** National Nutrition Month Celebration Baked Salmon w/ Mango Salsa Rice Pilaf Oriental Veg. Blend BYO: Yogurt Parfait (Low-fat Yogurt w/ Mixed Fruit & Honey Graham Crackers)
13 Vegetarian Lasagna Succotash  Carrots SF Crackers Ambrosia	14 Chicken Strips w/ Huli Huli Pineapple Sauce Jasmine Rice Broccoli SF Fruited Gelatin	15 Turkey White Bean Chili Mixed Vegetables Peas & Carrots Cornbread w/ Promise Pineapple Tidbits	**16** St. Patrick's Day Corned Beef & Cabbage Whole Baby Potatoes Carrots WW Dinner Roll w/ Promise SF Pistachio Pudding	17 Breaded Fish Tacos Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla (2) Pico de Gallo SF Custard
20 Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Promise  SF Apple Crisp	21  Pork Carnitas Cilantro Lime Rice Oregon Bean Medley Tortilla Pico de Gallo SF Fruit Gelatin	22 Beef Stew Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/ Promise Tropical Fruit Mix	23 Chicken Meatballs Sweet & Sour Sauce Jasmine Rice Carrots SF Cookie Orange Pineapple Juice	24 Moroccan Lentil Soup w/ SF Crackers Crab & Veggie Salad Summer Rainbow Quinoa Salad Ambrosia
27 Cream of Butternut Squash w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	28 Pork Tenderloin w/ Pineapple Raisin Sauce Mashed Potatoes Chef's Veg. Blend WW Dinner Roll w/ Promise Pineapple Chunks	29 Chicken Breast Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/ Promise SF Cookie	30 Turkey Pot Roast Turkey Gravy Polenta w/ Parmesan Cheese Carrots SF Crackers Tropical Fruit Mix	31 Breaded Baked Fish Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia

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 (*Thursday 3/30 no meal count*)

Brea – Mondays, Tuesday, Wednesdays, and Thursday

Buena Park – Mondays, Tuesday, Wednesdays, and Thursday

Costa Mesa - Every Day of the Week

Cypress – Mondays, Tuesday, Wednesdays, and Thursday

Fountain Valley – Tuesday & Thursday (*Tuesday 3/14 no meal count*)

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

North 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 (*Tuesday 3/14 no meal count*)