




Menú Senior – Marzo 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal	1 Sopa de Chicharos c/ Galletas Saladas s/Azúcar Ensalada Griega c/ Edamame y Pollo Deshebrado Ensalada de Verduras Marinadas Crujiente de Manzana s/Azúcar	2 Lomo de Cerdo c/Salsa de Miel y Ajo Arroz Integral Col Rizada Rollo Integral c/ Promise Natilla s/Azúcar	3 Crema de Zanahoria c/ Galletas Saladas s/Azúcar Ensalada de Atún a la Mexicana Ensalada de Cebada y Mango Rollo Integral c/ Promise Piña en Trozos
		6 Barbacoa de Ternera Ensalada de Frijol y Elote Mezcla de Frijoles Oregon Tortilla Gelatina de Frutas s/Azúcar	7 Ternera Molida Salsa Boloñesa Pasta Penne Mezcla Italiana de Verduras Rollo Integral c/ Promise Jugo de Naranja Natilla s/Azúcar	** 8 ** Mes Nacional de la Nutrición * Salmón al Horno c/ Mango Salsa Pilaf de Arroz Mezcla Oriental de Verduras Yogurt Bajo en Grasa Mezcla de Frutas s/Azúcar 
13  Lasaña Vegetariana Succotash Zanahoria Galletas Saladas Ambrosia 	14 Tiras de Pollo Huli Huli c/ Salsa de Piña Huli Huli Arroz Jazmín Brócoli Gelatina de Frutas s/Azúcar	15 Chili de Pavo y Alubias Verduras Mixtas Chicharos y Zanahoria Pan de Maiz c/ Promise Pedacitos de Pina	**16** **Día de San Patricio** Carne en Conserva & Col Papitas Baby Enteras Zanahoria Rollo Integral c/ Promise Pudín de Pistache s/Azúcar 	17 Tacos de Pescado (Pescado Empanizado) Ensalada de Frijol Negro y Lentejas Ensalada de Col Cilantro Limon Tortilla Pico de Gallo Natilla s/Azucar
20 Pastel de Carne al Horno Salsa Savory de Jitomate Pure de Papa Mezcla Capri de Verduras Rollo Integral c/ Promise Crujiente de Manzana s/ Azucar	21 Carnitas de Cerdo Arroz Cilantro Limon  Mezcla de Frijoles Oregon Torilla Pico de Gallo Gelatina de Frutas s/Azucar	22 Estofado de Ternera Salsa de Verduras Estofadas Papitas Baby Enteras Rollo Integral c/ Promise Mezcla de Frutas Tropicales	23 Albondigas de Pollo c/ Salsa Agridulce Arroz Jazmin Zanahoria Galleta s/Azucar Jugo Naranja Pina	24 Sopa Marroqui de Lentejas c/Galletas Saladas s/Azucar Ensalada de Cangrejo y Verduras Ensalada Rainbow de Verano de Quinoa Ambrosia
27 Crema de Calabacita Butternut c/ Galletas Salada s/ Azucar Ensalada de Pollo c/ Nueces Ensalada de Cebada y Frijol Negro Mandarina	28 Lomo de Cerdo c/ Salsa Naranja y Pasas Puré de Papa Mezcla de Verduras del Chef Rollo Integral c/ Promise Piña en Trozos	29 Pechuga de Pollo c/Glaseado Dulce de Limon Arroz Jazmin Mezcla Invernal de Verdura Rollo Integral c/ Promise Galleta s/ Azucar	30 Asado de Pavo c/ Salsa de Pavo Rollo Hawaiano de Polenta (pan de maíz) c/ Queso Parmesano Zanahoria Galletas Saladas Mezcla de Frutas Tropicales	31 Pescado Empanizado al Horno c/ Salsa Tartara Quinoa Pilaf Brocoli Rollo Hawaiano c/ 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

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

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