





Senior Lunch Menu - April 2023

Monday 3					
Victnamese Chicken Strips Windowngrass Sue Chicken Trigga Taco Chicken Trigga Taco Chicken Trigga Taco Chicken Tropical Fruit Mix Ser Carckers Ambrosia Turkey Breast Stalad Windown Ser Carckers Ambrosia Turkey Breast Stalad Ser Carckers Ambrosia Ser Custard	Monday	Tuesday	Wednesday	Thursday	Friday
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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