


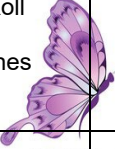
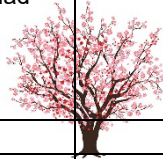


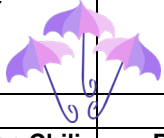


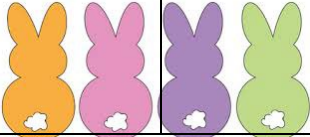






April



Senior Lunch Menu – April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Vietnamese Chicken Strips w/Lemongrass Sauce Brown Rice Japanese's Vegetables Blend Mandarin Orange	4 Our Best Tortilla Soup w/ Tortilla Chips  Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix 	5 Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/ Promise SF Custard	6 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp 	7 **Good Friday** Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/Promise Parmesan Cheese SF Fruited Gelatin
10 Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/ Promise Canned Peaches 	11 LS Roast Turkey Breast w/ Hummus Sandwich Tomato and Cucumber Salad Barley Corn and Mango Salad WW Pita Bread Mandarin Orange	12 Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp 	13 Pork Tenderloin w/ Honey Garlic Sauce Brown Rice Collard Greens WW Dinner Roll w/ Promise SF Custard	**14** **Spring Celebration** Baked Ham w/ Fruit Glaze Yams w/ Marshmallows Chef Cut Vegetables WW Dinner Roll w/ Promise Spring Dessert
17  Garden Burger Shredded Lettuce, Tomato & Onion WW Hamburger Bun Mayonnaise, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Tropical Fruit Mix	18 Crumbled Beef w/ Bolognese Sauce Penne Pasta Italian Vegetable Blend WW Dinner Roll w/ Promise Orange Juice SF Custard	19 Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/ Promise Canned Pears 	20 Minestrone Pasta Soup w/ SF Crackers Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Promise Ambrosia 	21 Barbacoa Beef Bean & Corn Salad Mexican Rice Tortilla SF Fruited Gelatin
24  Vegetarian Lasagna Succotash Carrots Crackers Ambrosia 	25 Huli Huli Chicken Strips w/ Huli Huli Pineapple Sauce Chow Mein Broccoli SF Fruited Gelatin 	26 Breaded Fish Tacos Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla Pico de Gallo SF Custard	27 Turkey White Bean Chili Mixed Vegetables Peas and Carrots Cornbread w/ Promise Pineapple Tidbits 	28 Black Bean Soup w/SF Crackers Cobb Salad (Diced Chicken, Egg, Shredded Lettuce & Swiss Cheese, Bell Pepper, Carrots, & Cucumbers Homemade Ranch Dressing) Lemony Lentil 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

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