
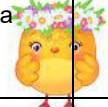

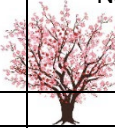

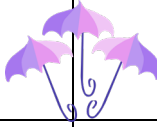

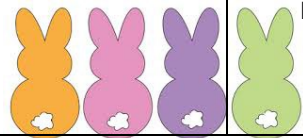






April



Menú Senior – Abril 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tiras de Pollo Vietnamita c/Salsa de Limoncillo Arroz Integral Mezcla Japonesa de Verduras Mandarina 	4 Nuestra Mejor Sopa de Tortilla c/Tiras de Tortilla Taco de Tinga de Pollo Ensalada de Col Cilantro Limón Tortilla Mezcla de Frutas Tropicales	5 Pastel de Pavo Shepherd Chicharos y Zanahoria Mezcla de Calabacitas Rollo Integral c/Promise Natilla s/Azúcar	6 Filete Salisbury c/Salsa de Champiñones Puré de Papa Verduras Mixtas Palito de Pan Crujiente de Pera s/Azúcar 	7 **Good Friday** Tortellini de Queso c/Salsa Marinara Brócoli Mezcla Capri de Verduras Rollo Integral c/Promise Queso Parmesano Gelatina de Frutas s/Azúcar
10 Tilapia al Horno c/Jitomates Guisados Savory Papitas Baby Asadas Mezcla California de Verduras Rollo Integral c/Promise Duraznos en Conserva 	11 Sándwich de Pechuga de Pavo Asado Bajo en Sodio c/Hummus Ensalada de Jitomate y Pepino Ensalada de Cebada, Elote, y Mango Pan Pita Integral Mandarina	12 Sopa de Chicharos c/Galletas Saladas s/Azúcar Ensalada Griega c/Edamame y Pollo Deshebrado Ensalada de Verduras Marinadas Crujiente de Manzana s/Azúcar	13 Lomo de Cerdo c/Salsa de Miel y Ajo Arroz Integral Col Rizada Rollo Integral c/Promise Natilla s/Azúcar 	14 **Celebración de Primavera** Jamón al Horno c/Glaseado de Frutas Camote c/Malvaviscos Verduras Corte del Chef Rollo Integral c/ Promise Postre de Primavera
17 Hamburguesa Jardinera Ensalada Fiesta de Elote y Pimiento Rebanada de Jitomate y Cebolla Bollo de Hamburguesa Integral Mayonesa, Mostaza, Cátup Mezcla de Frutas Tropicales	18 Ternera Molida c/Salsa Bolonesa Penne Pasta Mezcla Italiana de Verduras Rollo Integral c/Promise Jugo de Naranja Natilla s/Azúcar	19 Quiché de Espinacas y Champiñones Camotes Mezcla Invernal de Verduras Muffin de Arandanos c/Promise Peras en Conserva 	20 Sopa Minestrone con Pasta c/Galletas Saladas s/Azúcar Ensalada Vietnamita de Pollo Ensalada Asiática de Pepino Rollo Integral c/Promise Ambrosia 	21 Barbacoa de Ternera Ensalada de Frijol y Elote Arroz a la Mexicana Tortilla Gelatina de Frutas s/Azúcar
24 Lasaña Vegetariana Succotash Zanahoria Galletas Saladas Ambrosia 	25 Tiras de Pollo Huli Huli c/Salsa de Piña Huli Huli Chow Mein Brócoli Gelatina de Frutas s/Azúcar 	26 Tacos de Pescado Empanizado Ensalada de Col Cilantro Limón Ensalada de Frijol Negro y Lentejas Tortilla Pico de Gallo Natilla s/Azúcar	27 Chili de Pavo Y Alubias Verduras Mixtas Chicharos y Zanahoria Pan de Maíz c/Promise Pedacitos de Piña 	28 Sopa de Frijol Negro c/ Galletas Saladas s/Azúcar Ensalada Cobb c/Pollo en cubos, Huevo, Queso suizo rallado, Pimiento verde, Zanahoria y Pepino Aderezo Ranch Hecho en Casa Ensalada de Lentejas al Limón Mandarina
				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.

www.MealsOnWheelsOC.org

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