



**Senior Lunch Menu – May 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Baked Meatloaf</b> Savory Tomato Sauce Mashed Potatoes Capri Vegetable Blend WW Dinner Roll w/Smart Balance SF Apple Crisp	<b>2</b> <b>Chicken Meatballs</b> Sweet & Sour Sauce Jasmine Rice Carrots SF Cookie Orange Pineapple Juice	<b>3</b> <b>Beef Stew</b> Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/Smart Balance Tropical Fruit Mix	<b>4</b> <b>Moroccan Lentil Soup w/ SF Crackers</b> Crab & Veggie Salad Summer Rainbow Quinoa Salad Ambrosia	<b>**5**</b> <b>**Cinco De Mayo**</b> Carnitas Tacos w/ Pico De Gallo Spanish Rice Black Beans Tortillas (2) Rice Pudding Diet: Fresh Fruit
<b>8</b> <b>Cream of Butternut Squash w/ SF Crackers</b> Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	<b>9</b> <b>Pork Tenderloin w/ Pineapple Raisin Sauce</b> Chow Mein Chef's Veg. Blend WW Dinner Roll w/Smart Balance Pineapple Chunks	<b>10</b> <b>Chicken Breast</b> Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/Smart Balance SF Cookie	<b>11</b> <b>Breaded Baked Fish</b> Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/Smart Balance Ambrosia	<b>**12**</b> <b>**Mother's Day**</b> Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Dinner Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit
<b>15</b> <b>Cheese Tortellini w/ Marinara Sauce</b> Broccoli Capri Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese SF Fruited Gelatin	<b>16</b> <b>Our Best Tortilla Soup w/ Tortilla Chips</b> Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix	<b>17</b> <b>Turkey Shepherd's Pie</b> Green Beans Zucchini Medley WW Dinner Roll w/Smart Balance SF Custard	<b>18</b> <b>Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp	<b>19</b> <b>Vietnamese Chicken Strips w/Lemongrass Sauce</b> Brown Rice Japanese's Vegetables Blend Mandarin Orange
<b>22</b> <b>Baked Tilapia w/ Savory Tomato Braised</b> Baby Baker Potatoes California Veg Blend WW Dinner Roll w/Smart Balance Canned Peaches	<b>23</b> <b>LS Roast Turkey Breast w/ Hummus Sandwich</b> Tomato and Cucumber Salad Barley Corn and Mango Salad WW Pita Bread Mandarin Orange	<b>24</b> <b>Split Pea Soup w/ SF Crackers</b> Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp	<b>25</b> <b>Cream of Carrot Soup w/ SF Crackers</b> Mexican Tuna Salad Barley Mango Salad WW Dinner Roll w/Smart Balance Pineapple Chunks	<b>**26**</b> <b>**Memorial Day Celebration**</b> BBQ McRib Mashed Potatoes Carrots Cornbread w/Smart Balance Apple Pie Diet: Fresh Fruit
<b>29</b> 	<b>30</b> <b>Crumbled Beef w/ Bolognese Sauce</b> Penne Pasta Italian Vegetable Blend WW Dinner Roll w/Smart Balance Orange Juice SF Custard	<b>31</b> <b>Spinach Mushroom Quiche</b> Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/Smart Balance Canned Pears	<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>	

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** - Every Day of the Week

**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

**Placentia** – 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