



Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Minestrone Pasta Soup w/ SF Crackers Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Smart Balance SF Ambrosia	2 Barbacoa Beef Black Beans & Corn Salad Mexican Rice Tortilla SF Fruited Gelatin
		5 Vegetarian Lasagna Succotash Carrots Crackers SF Ambrosia 	6 Chicken Strips w/ Hui Hui Pineapple Sauce Chow Mein Noodles Broccoli SF Fruited Gelatin	7 Breaded Fish Tacos Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla Pico de Gallo SF Custard
12 Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Smart Balance SF Apple Crisp	13 Pork Carnitas Cilantro Lime Rice Oregon Bean Medley Tortilla Pico de Gallo SF Fruit Gelatin 	14 Beef Stew (Cubed Beef, Stew Sauce & Stew Vegetables) Baby Whole Potatoes WW Dinner Roll w/ Smart Balance Tropical Fruit Mix 	15 Moroccan Lentil Soup w/ SF Crackers Crab & Veggie Salad Summer Rainbow Quinoa Salad SF Ambrosia	** 16 ** "Father's Day Celebration" Roast Beef w/ Brown Gravy Baked Potatoes w/ Sour Cream Chef's Cut Veg. Blend Parker House Dinner Roll w/ Smart Balance IW Apple Pie Diet: Fresh Fruit
19 Cream of Butternut Squash Soup w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	20 Pork Tenderloin w/ Pineapple Raisin Sauce Baby Whole Potatoes Chef's Veg. Blend WW Dinner Roll w/ Smart Balance Pineapple Chunks	** 21 ** "Welcoming Summer" BBQ Chicken Mashed Potatoes w/ Gravy Green Beans Parker House Dinner Roll w/ Smart Balance Assorted Frozen Dessert Diet: Fresh Fruit 	22 Breaded Baked Fish w/ Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Smart Balance SF Ambrosia	23 Turkey Pot Roast w/ Turkey Gravy Polenta w/ Parmesan Cheese Carrots Crackers Tropical Fruit Mix
26 Cheese Tortellini w/ Marinara Sauce Parmesan Cheese Capri Veg. Blend Broccoli WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 	27 Our Best Tortilla Soup w/ Tortilla Chips Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix 	28 Turkey Shepherd's Pie Peas & Carrots Zucchini Medley WW Dinner Roll w/ Smart Balance SF Custard	29 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes 5-Way Mixed Veg. Breadstick SF Pear Crisp	** 30 ** "4th of July Celebration" Chili Cheese Hotdog on WG Bun Chips Coleslaw Relish, Ketchup & Mustard Orange-Pineapple Juice SF Ice Cream

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 Delivery Days

Abrazar Inc – Every Day of the Week

Anaheim Independencia- Tuesday, Thursday and Friday

Anaheim West - Monday, Tuesday and Wednesday

Brea – Monday, Tuesday, Wednesday, and Friday

Buena Park – Monday, Tuesday, Wednesday, and Friday

Costa Mesa - Every Day of the week

Cypress – Monday, Tuesday, Wednesday, and Friday

El Modena – Monday, Wednesday and Thursday

Fountain Valley – Monday and Wednesday

Fullerton – Monday, Tuesday, Wednesday, and Friday

Garden Grove – Monday, Tuesday, Thursday, and Friday

Huntington Beach – Tuesday, Thursday 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 – Monday, Tuesday and Wednesday (closed Friday. Monday, we deliver for Monday and Tuesday)

Tustin – Every Day of the Week

Westminster – Every Day of the week

Yorba Linda – Every Day of the week