



Monday	Tuesday	Wednesday	Thursday	Friday
			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 *Labor Day Celebration* Hot Dog on WW Bun Macaroni Salad Coleslaw Ketchup, Mustard, Relish SF Ice Cream
4	5	6	7	8
	Chicken Meatballs Sweet Citrus Glaze Mashed Potatoes Oriental Veg. Blend WW Dinner Roll w/ Smart Balance Mandarin Oranges	Tortilla Soup Chicken Tinga Cilantro Lime Rice California Veg. Blend WG Tortilla SF Ambrosia	Chili Con Carne Baked Potato Shredded Cheese Broccoli WW Crackers Seasonal Fresh Fruit	Turkey Pot Roast Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin
11	12	13	14	15
Baked Ziti w/ Italian Sauce California Veg. Blend 3 Way Salad w/ Ranch Dressing WW Dinner Roll w/ Smart Balance SF Ambrosia	Diced Chicken A La King Sauce Egg Noodles Squash Medley WW Dinner Roll w/ Smart Balance SF Fruited Gelatin	Split Pea Soup w/ SF Crackers Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple	Chicken Breast w/ Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg. Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	*Western Day Celebration* Pulled Pork w/ BBQ Sauce Baked Beans Carrots WW French Roll Diet Peach Crisp
18	19	20	21	22
Breakfast for Dinner Omelet Chicken Apple Sausage Baked Red Skin Potatoes Sliced Carrots WW Blueberry Muffin SF Pear Crisp	Braised Cubed Beef Burgundy Gravy Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Mandarin Orange	Cream of Pumpkin Soup w/ SF Crackers Chicken Citrus & Celery Salad Barley & Mango Salad WW Dinner Roll w/ Smart Balance Diced Peaches	Cheese Ravioli Savory Tomato Sauce Broccoli Italian Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix	*Fall Celebration* Beef Goulash Egg Noodles California Veg. Blend WW Dinner Roll w/ Smart Balance Assorted Pie Diet: Fresh Fruit
25	26	27	28	29
Ground Turkey Bolognese Bow Tie Pasta Italian Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix	Baked Tilapia Savory Tomato Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance Orange Juice SF Pudding	Salisbury Steak Mushroom Brown Gravy Mashed Potatoes Carrots WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit	Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Oranges	Pork Tenderloin Creamy Mushroom Sauce Rice Pilaf Mixed Veg. WW Dinner Roll w/ Smart Balance SF Cookie

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 – Every Day of the week

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 – Every Day of the week

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