



Monday	Tuesday	Wednesday	Thursday	Friday
2 Crema de Espinacas c/ Galletas Saladas s/Azúcar Ensalada de Pollo al Estragón c/ Aderezo de Yogurt Ensalada de Orzo al Limón Mandarina	3 Cocido de Ternera a la Mexicana Ternera en Cubos Sopa con Verduras Elote Tortilla Salsa Gelatina de Frutas s/ Azúcar	4 Boloñesa de Ternera Molida Pasta de Corbata Mezcla Italiana de Verduras Queso Parmesano Rollo Integral c/ Smart Balance Mezcla de Frutas Tropicales	5 Tilapia al Horno Salsa Ranchera Arroz a la Mexicana Brócoli Tortilla Integral Pudín s/Azúcar Jugo de Naranja	6 Stir Fry Chino de Ternera Salsa de Pimienta y Ajo Arroz Jazmin Zanahorias Fruta Fresca de Temporada
9 Cerdo en Salsa de Chile Verde Salsa Verde Frijol Pinto Chicharos y Zanahorias Tortilla Integral Mezcla de Frutas Tropicales	10 Sopa de Elote Zuni c/ Galletas s/ Azúcar Ensalada de Pollo, Pasta y Semilla de Amapola Ensalada Harvest Galletas Saladas Gelatina de Frutas s/Azúcar	11 Quiché de Espinaca y Champiñones Papas Asadas Mezcla de Brócoli y Coliflor Rollo Integral c/ Smart Balance Peras Enlatadas	12 Cubos de Ternera Gravy de Estofado Verduras Estofadas Papitas Baby Enteras Pan Integral c/ Smart Balance Mandarina	13 Pollo Vietnamita en Cubos Salsa de Limoncillo Arroz Integral Mezcla Japonesa de Verduras Pudín s/Azúcar
16 Sopa de Elote a la Mexicana c/ Galletas s/ Azúcar Ensalada de Pollo de la Casa Ensalada de Cebada y Champiñones Rollo Integral c/ Smart Balance Duraznos en Conserva	17 Lasaña Vegetariana Ensalada Mixta 3-Way Aderezo Balsámico Brócoli y Coliflor Galleta Salada Integral Crujiente de Manzana s/Azúcar	18 Pollo Chino a la Naranja Salsa de Naranja Arroz Integral Espinaca Pudín sin Azúcar Jugo de Naranja	19 Tazón de Carnitas de Cerdo Arroz de Jitomate y Cilantro Mezcla de Verduras Fiesta Crema Agria Tortilla Integral Fruta Fresca de Temporada	20 Tacos de Pescado Frijol Negro Col Morada y Blanca Tortilla Pico de Gallo Piña en Trozos
23 Cerdo Caramelizado Vietnamita Salsa de Caramelo Arroz Jasmine Brócoli Mezcla de Frutas Tropicales	24 Asado de Pavo Salsa Marrón Brown Gravy Camote Col Rizada Gelatina de Frutas s/Azúcar	25 Macarrones con Queso Jitomate Picado Zanahorias Palito de Pan Crujiente de Manzana s/Azúcar Jugo de Naranja y Piña	26 Albóndigas de Pollo Glaseado Agridulce Puré de Papa Mezcla Oriental de Verduras Rollo Integral c/Smart Balance Mandarina	27 * Celebración de Halloween Crema de Sopa de Calabaza c/ Galletas Calabaza Asada Penne Pasta c/ Cubos de Res Brócoli y Coliflor Pan de Maíz c/Smart Balance Pudín de Pistachio Dieta: Fruta Fresca
30 Pechuga de Pollo Salsa de Tomates Deshidatados y Parmesano Pasta Tri-Color Mezcla de Verduras Mixtas Rollo Integral c/Smart Balance Mandarina	31 Barbacoa de Ternera Arroz Cilantro Limón Mezcla de Frijoles Oregón Tortilla Integral Natillas s/Azúcar Jugo de Naranja	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 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