



Monday	Tuesday	Wednesday	Thursday	Friday
2 Cream of Spinach Soup w/SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange	3 NEW Mexican Beef Cocido Cubed Beef Soup w/ Veg Corn Tortilla Salsa SF Fruited Gelatin	4 Ground Turkey Bolognese Bow Tie Pasta Italian Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix	5 Baked Tilapia Ranchera Sauce Mexican Rice Broccoli WG Tortilla SF Pudding Orange Juice	6 NEW Chinese Beef Stir Fry Pepper Garlic Sauce Jasmine Rice Carrots Seasonal Fruit
9 Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix	10 Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers SF Fruited Gelatin	11 Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower Blend WW Dinner Roll w/Smart Balance Canned Pears	12 Cubed Beef Stew Gravy Stew Vegetables Whole Baby Potatoes WW Bread w/Smart Balance Mandarin Orange	13 Vietnamese Diced Chicken Lemongrass Sauce Brown Rice Japanese Vegetable Blend SF Pudding
16 Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches	17 Vegetable Lasagna Three Way Tossed Salad Balsamic Dressing Broccoli & Cauliflower WW Crackers SF Fruited Gelatin	18 Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice	19 Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg Mix WG Tortilla Sour Cream (1pk) Seasonal Fruit	20 Baja Fish Tacos Black Beans Red & White Cabbage Corn Tortillas (2) Pico de Gallo Pineapple Chunks
23 Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix	24 Turkey Pot Roast Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin	25 Macaroni & Cheese Diced Tomatoes Carrots Breadsticks SF Apple Crisp Orange-Pineapple Juice	26 Chicken Meatballs Sweet Citrus Glaze Mashed Potatoes Oriental Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	27 *Halloween Celebration* Cream of Pumpkin Soup w/ SF Crackers Roasted Butternut Squash Penne Pasta w/ Cubed Beef Broccoli & Cauliflower Cornbread w/ Smart Balance Pistachio Pudding Diet: Fresh Fruit
30 Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	31 Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley WG Tortilla SF Custard Orange Juice	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