


## Senior Lunch Menu – March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>  <b>Cheese Tortellini w/ Marinara Sauce</b> Broccoli Capri Vegetable Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) SF Ambrosia 1% Milk	
			<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>**8**</b>
<b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>Barbacoa Beef</b> Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice 1% Milk	<b>Split Pea Soup w/ SF Crackers</b> Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	<b>Diced Chicken</b> Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 1% Milk	<b>*National Nutrition Month Celebration*</b> <b>Baked Salmon w/ Mango Salsa</b> Rice Pilaf Broccoli Yogurt Parfait Topped w/ Granola Diet: Fresh Fruit 1% Milk 
<b>11</b>	<b>12</b>	<b>13</b>	<b>**14**</b>	<b>15</b> 
<b>Chicken Torta Sandwich</b> (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	<b>Beef Cheeseburger</b> Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin 1% Milk	<b>Braised Cubed Beef</b> Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 1% Milk	<b>*St Patrick's Day Celebration*</b> <b>Corned Beef &amp; Cabbage</b> Whole Baby Potatoes Carrots WW Dinner Roll w/ Smart Balance Pistachio Pudding Fresh Fruit 1% Milk 	<b>Moroccan Lentil Veg. Soup w/ SF Crackers</b> Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp 1% Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Cream of Spinach Soup w/ SF Crackers</b> Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk	<b>Mexican Beef Cocido</b> Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria SF Fruited Gelatin	<b>Ground Turkey Bolognese</b> Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	<b>Chinese Beef Stir Fry</b> Pepper Garlic Sauce Jasmine Rice Carrots Pineapple Chunks 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Mexican Rice Broccoli Tortilla SF Pudding Orange Juice 1% Milk
<b>25</b>	<b>26</b>	<b>27</b> 	<b>28</b>	<b>**29**</b> 
<b>Pork Chile Verde</b> Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	<b>Zuni Corn Soup w/ SF Crackers</b> Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) SF Crackers (2pk) SF Fruited Gelatin 1% Milk	<b>Spinach &amp; Mushroom Quiche</b> Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/ Smart Balance Canned Pears 1% Milk	<b>Cubed Beef</b> Stew Gravy Stew Veg Whole Baby Potatoes WW Bread w/ Smart Balance Mandarin Orange 1% Milk	<b>*Eggstravaganza Celebration*</b> <b>Colorful Frittata</b> 3-Way Salad Balsamic Dressing Roasted Potatoes WW Dinner Roll w/ Smart Balance Festive Dessert Diet: Fresh Fruit 1% Milk

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 reasons 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