


APRIL



Senior Lunch Menu – April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches 1% Milk	2 Vegetable Lasagna 3-Way Tossed Salad Balsamic Dressing Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp 1% Milk	3 Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice 1% Milk	4 Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg Mix Tortilla (1) Sour Cream (1pk) Seasonal Fresh Fruit 1% Milk	5 Baja Fish Sticks Tacos Black Beans Red & White Cabbage Tortillas (2) Pico de Gallo Pineapple Chunks 1% Milk
8 Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix 1% Milk	9 Turkey Pot Roast Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin 1% Milk	10 Macaroni & Cheese Diced Tomatoes Carrots Breadstick (1pk) SF Apple Crisp Orange-Pineapple Juice 1% Milk	11 Chicken Meatballs Sweet Citrus Glazed Mashed Potatoes Oriental Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	**12** **Spring Celebration** Baked Ham w/ Pineapple Glaze Yam's w/ Marshmallows Chef Cut Vegetables WW Dinner Roll w/ Smart Balance Carrot Cake Diet: Fresh Fruit 1% Milk
15 Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	16 Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice 1% Milk	17 Split Pea Soup w/ SF Crackers Mexican Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	18 Diced Chicken Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 1% Milk	19 Cubed Beef Ranchera Sauce Mexican Rice Pinto Beans Tortilla (1) Pico de Gallo Canned Apricot 1% Milk
22 Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	23 Beef Cheeseburger Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin 1% Milk	24 Moroccan Lentil Veg. Soup w/ SF Crackers Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp 1% Milk	25 Braised Cubed Beef Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 1% Milk	26 Egg Drop Soup w/ SF Crackers Vietnamese Chicken Salad WW Dinner Roll w/Smart Balance Sliced Peaches 1% Milk
29 Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk	30 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria (1pk) SF Fruited Gelatin 1% Milk	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal	 <i>April Showers Bring May Flowers</i>	

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 - Every Day of the Week

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