



Senior Lunch Menu – May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Ground Turkey Bolognese Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	2 Baked Tilapia Ranchera Sauce Mexican Rice Broccoli Tortilla SF Pudding Orange Juice 1% Milk	**3** **Cinco de Mayo Celebration** Chicken Tamale Mexican Cheese Garnish Black Beans Fajita Veg Mix Rice Pudding Diet: Fresh Fruit
	6 Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	7 Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers (2pk) SF Fruited Gelatin 1% Milk	8 Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	9 Cubed Beef Stew Gravy Stew Veg Whole Baby Potatoes WW Bread w/Smart Balance Mandarin Orange 1% Milk
13 Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches 1% Milk	14 Vegetable Lasagna 3-Way Tossed Salad Balsamic Dressing Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp 1% Milk	15 Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice 1% Milk	16 Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg Mix Tortilla (1) Sour Cream (1pk) Seasonal Fresh Fruit 1% Milk	17 Baja Fish Sticks Tacos Black Beans Red & White Cabbage Tortillas (2) Pico de Gallo Pineapple Chunks 1% Milk
20 Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix 1% Milk	21 Turkey Pot Roast Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin 1% Milk	22 Macaroni & Cheese Diced Tomatoes Carrots Breadstick (1pk) SF Apple Crisp Orange-Pineapple Juice 1% Milk	23 Chicken Meatballs Sweet Citrus Glazed Mashed Potatoes Oriental Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	**24** **Memorial Day Celebration** BBQ McRib BBQ Sauce Mashed Potatoes Carrots Cornbread w/Smart Balance Apple Pie Diet: Fresh Fruit
27 	28 Diced Chicken Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 1% Milk	29 Split Pea Soup w/ SF Crackers Mexican Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	30 Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice 1% Milk	31 Cubed Beef Ranchera Sauce Mexican Rice Pinto Beans Tortilla (1) Pico de Gallo Canned Apricot 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 - 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