









Senior Lunch Menu – April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	2 Salisbury Steak Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches 1% Milk	3 Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	**4**  **Spring Celebration** Baked Tilapia w/Pineapple Glaze Sweet Potatoes WW Dinner Roll Carrot Cake Mandarin Orange 1% Milk
	7 Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	8 Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrot WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	9 Diced Chicken Breast Orange Sauce Oriental Veg Blend Rice Pilaf Mandarin Orange 1% Milk	10 Pork Carnitas Ranchera Sauce Peas & Carrots Cilantro Lime Rice Fresh Orange 1% Milk
14 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	15 Turkey Roast Scandinavian Veg Blend Sweet Potatoes Brown Gravy WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	16 Cubed Beef Stroganoff Sauce Carrot Egg Noodles Mandarin Orange 1% Milk	17 Chicken Meatballs Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Chicken Noodle Soup Fresh Orange 1% Milk	**18**  **Eggstravaganza Menu** Cheese Ravioli w/Marinara Sauce Chicken Meatballs Capri Vegetable Blend WW Dinner Roll Strawberry Cheesecake Cup Canned Pears 1% Milk
21 Diced Chicken Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk	22 Barbacoa Beef Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk	23 Tuna Salad Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	24 Diced Chicken Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange SF Pudding 1% Milk	25 Cubed Beef Ranchera Sauce Broccoli & Carrot Brown Rice WG Tortilla Fresh Orange 1% Milk
28  Veggie Egg Salad Corn Tomato Salad w/ Pesto Dressing Moroccan Lentil Veg Soup WW Bread Fresh Orange 1% Milk	29 Beef Cheeseburger Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	30 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice Tropical Fruit Mix 1% Milk	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 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.