







Senior Lunch Menu – May 2025

	Tuesday	Wednesday	Thursday	Friday
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal			1 Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Mandarin Orange 1% Milk	**2** **Cinco de Mayo Celebration** Carnita Tacos Black Beans Spanish Rice WG Mini Tortillas Pico de Gallo Sliced Lemon Flan Cup Canned Pears 1% Milk
5 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	6 Mexican Beef Cocido Soup Ground Beef Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	7 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	8  Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	**9** **Mother's Day Celebration** Chicken Cordon Blue Sliced Carrots Rice Pilaf Canned Pears Tiramisu Cup 1% Milk
12 Pork Carnitas Green Peas Cilantro Lime Rice SF Ambrosia 1% Milk Verde Sauce	13 Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	14 Salisbury Steak Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches 1% Milk	15 Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	16 Chicken Strips Oriental Vegetable Blend Brown Rice Mandarin Orange Lemongrass Sauce 1% Milk
19 Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	20 Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	21 Diced Chicken Breast Orange Sauce Oriental Vegetable Blend Rice Pilaf Mandarin Orange 1% Milk	22 Pork Carnitas Ranchera Sauce Peas & Carrots Cilantro Lime Rice Fresh Orange 1% Milk	**23** **Memorial Day Celebration BBQ McRib BBQ Sauce Corn Brown Rice Canned Peaches Lemon Cake Square 1% Milk
26 CLOSED FOR MEMORIAL DAY 	27 Turkey Roast Scandinavian Veg Blend Sweet Potatoes Brown Gravy WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	28 Cubed Beef Stroganoff Sauce Carrots Egg Noodles Mandarin Orange 1% Milk	29 Chicken Meatballs Sweet Citrus Glaze Oriental Vegetable Blend Quinoa Pilaf Chicken Noodle Soup Egg Noodles Fresh Orange 1% Milk	30 Tinga Chicken California Vegetable Blend Cilantro Lime Rice SF Ambrosia SF Pudding 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.