




**Senior Lunch Menu  
Hispanic July 2025**



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Ground Turkey</b> Picadillo Sauce Red Skin Potatoes 5-Way Mixed Veg Brown Rice Fresh Orange 1% Milk	<b>2</b> <b>Beef Fajitas</b> Fajitas Blend Veg. Cilantro Lime Rice WG White Corn Tortilla 6" (1) Tomatillo Sauce SF Pudding Canned Peaches 1% Milk	<b>**3**</b> <b>4<sup>th</sup> of July Special Menu</b> <b>Chicken Breast w/ BBQ Sauce (1pk)</b> Potato Salad Broccoli Hawaiian Roll Mandarin Orange Ice Cream Bar 1% Milk	<b>4</b> 
<b>7</b> <b>Carne Con Chile</b> Cubed Beef Carrots Mexican Rice Chile Sauce Fresh Orange 1% Milk	<b>8</b> <b>Pork Tenderloin</b> Broccoli Spanish Rice Salsa Verde Fresh Apple 1% Milk	<b>9</b> <b>Green Chicken Casserole</b> Pinto Beans WW Dinner Roll Fresh Orange 1% Milk	<b>10</b> <b>Ground Beef</b> Shredded Cabbage Refried Beans WG Tortilla 4'5 (2) Pico De Gallo Canned Mandarin 1% Milk	<b>11</b> <b>Tinga Chicken</b> California Vegetable Blend Cilantro Lime Rice SF Ambrosia Tinga Sauce 1% Milk
<b>14</b> <b>Ground Turkey</b> Scandinavian Blend Mexican Rice Picadillo Sauce Peach 1% Milk	<b>15</b> <b>Barbacoa Beef</b> Oregon Bean Medley Mexican Rice WG Tortilla 6" (1) Fresh Orange 1% Milk	<b>16</b> <b>Diced Chicken</b> Capri Vegetable Jasmine Rice Chunky Salsa Sauce Canned Pineapple Chunks 1% Milk	<b>17</b> <b>Pork Carnitas</b> Mixed Vegetables Mexican Rice WG White Corn Tortilla 6" (1) Pico De Gallo Canned Mandarin 1% Milk	<b>18</b> <b>Cubed Beef</b> Ranchera Sauce Broccoli & Carrots Brown Rice WG Tortilla 6" (1) Fresh Orange 1% Milk
<b>21</b>  <b>Fish Sticks</b> Red and White Cabbage Black Beans WG Tortilla 4.5" (2) Pico de Gallo Sliced Lemon (1) Canned Peaches SF Cookie 1% Milk	<b>22</b> <b>Pork Tenderloin</b> Broccoli & Carrots Spanish Rice Salsa Verde Fresh Apple 1% Milk	<b>23</b> <b>Chicken Breast</b> Savory Tomato Braised Sauce Peas & Carrots Brown Rice Tropical Fruit Mix 1% Milk	<b>24</b> <b>Ground Beef</b> Shredded Cabbage Refried Beans WG Tortilla 4'5" (2) Canned Mandarin Pico De Gallo 1% Milk	<b>25</b> <b>Green Chicken Casserole</b> Pinto Beans WW Dinner Roll Fresh Orange 1% Milk
<b>28</b> <b>Salisbury Steak</b> Broccoli & Carrots Brown Rice Ranchera Sauce Fresh Orange 1% Milk	<b>29</b> <b>Mexican Beef Cocido Soup</b> Cubed Beef Beef Broth Vegetable Mix WW Dinner Roll Fresh Apple 1% Milk	<b>30</b> <b>Cheese Enchiladas</b> Meatball Black Bean Brown Rice Red Enchilada Sauce Canned Pineapple Chunks 1% Milk	<b>31</b>  <b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG White Corn Tortilla 6" (1) Fresh Orange 1% Milk	<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>

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.

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)



## 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

**Newport Beach**– 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