


Senior Lunch Menu – July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	2 Diced Chicken Breast Orange Sauce Oriental Vegetable Blend Rice Pilaf Mandarin Orange 1% Milk	**3** 4th of July Special Menu Chicken Breast w/BBQ Sauce (1pk) Potato Salad Broccoli Hawaiian Roll Mandarin Orange Ice Cream Bar 1% Milk	4 
7 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	8 Turkey Roast Scandinavian Veg Blend Sweet Potatoes Brown Gravy WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	9 Cubed Beef Stroganoff Sauce Carrots Egg Noodles Mandarin Orange 1% Milk	10 Chicken Meatballs Sweet Citrus Glaze Oriental Vegetable Blend Quinoa Pilaf Chicken Noodle Soup Egg Noodles Fresh Orange 1% Milk	11 Tinga Chicken California Vegetable Blend Cilantro Lime Rice SF Ambrosia SF Pudding 1% Milk
14 Diced Chicken Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk	15 Barbacoa Beef Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk	16 ✓ Tuna Salad Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	17 Diced Chicken Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange SF Pudding 1% Milk	18 Cubed Beef Ranchera Sauce Broccoli & Carrot Brown Rice WG Tortilla Fresh Orange 1% Milk
21 ✓ Veggie Egg Salad Corn Tomato Salad w/ Pesto Dressing Moroccan Lentil Veg Soup WW Bread Fresh Orange 1% Milk	22 Beef Cheeseburger Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	23 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice Tropical Fruit Mix 1% Milk	24 Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Mandarin Orange 1% Milk	25 Chicken Strips Oriental Vegetable Blend Pineapple Fried Rice Canned Pears Kung Pao Sauce 1% Milk
28 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	29 Mexican Beef Cocido Soup Cubed Beef Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	30 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	31 Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 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.

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