

Senior Lunch Menu – Julio 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Lasaña Vegetariana Lomo de Cerdo Glaseado Cítrico y Dulce Ejotes y Zanahoria Rollo Integral w/Smart Balance Manzana Fresca Leche Baja en Grasa al 1%	2 Cubos de Pechuga de pollo Salsa de Naranja Mezcla Japonesa de Verduras Arroz Pilaf Mandarina Leche Baja en Grasa al 1%	**3** 4th of July Special Menu Pechuga de pollo con salsa BBQ (1PK) Ensalada de Papa Broccoli Rollo Hawaiano Mandarina Barra de Helados Leche Baja en Grasa 1%	4 
7 Lomo de Cerdo Salsa de Caramelo Brócoli Arroz Integral Mazana Fresca Leche Baja en Grasa 1%	8 Asado de Pavo Salsa Gravy Marrón Mezcla de verduras escandinavas Camote Rollo Integral c/Smart Balance Trozos de Piña Leche Baja en Grasa 1%	9 Ternera en Cubos Salsa Stroganoff Zanahoria Fideos de Huevo Mandarina Leche Baja en Grasa 1%	10 Albóndigas de Pollo Glaseado Cítrico y Dulce Mezcla Japonesa de Verduras Quinoa Pilaf Sopa Casera de Pollo y Fideos Naranja Fresca Leche Baja en Grasa 1%	11 Tinga de Pollo Mezcla California de Verduras Arroz Cilantro Limón Ambrosia sin Azúcar Pudín sin Azúcar Leche Baja en Grasa al 1%
14 Pechuga de Pollo Salsa de Jitomate Deshidratado y Queso Parmesano Chicharos y zanahorias Pasta tricolor Mezcla de frutas tropicales Leche Baja en Grasa 1%	15 Barbacoa de Ternera Mezcla de Frijoles Oregon Arroz a la mexicana Tortilla Integral Naranja Fresca Leche Baja en Grasa 1%	16 Ensalada de Atún Ensalada de Elote, Haba y Jitomate Sopa de huevo Rollo Integral c/Smart Balance Mazana Fresca Leche Baja en Grasa 1%	17 Pollo Bajo en Sodio en Cubos Salsa Asiática Mezcla Escandinava de Verduras Fideos de Huevo Mandarina Pudín sin Azúcar Leche Baja en Grasa 1%	18 Ternera en Cubos Salsa Ranchera Brócoli y Zanahoria Arroz integral Tortilla Integral Naranja Fresca Leche Baja en Grasa 1%
21 ✓  Ensalada de Huevo con Verduras Ensalada de Elote y jitomate c/ aderezo de pesto Sopa marroquí de lentejas con verduras Pan tradicional Naranja fresca Leche Baja en Grasa 1%	22  Hamburguesa De Res Lechuga, Jitomate y Cebolla Queso Suizo Bollo Integral de Hamburguesa Mayonesa y Mostaza Ensalada Fiesta de Elote y Pimiento Morrón Trozos de Piña Leche Baja en Grasa 1%	23 Pechuga de pollo Salsa Aromática de tomate Estofado Chicharos y zanahorias Arroz integral Mezcla de frutas tropicales Leche Baja en Grasa 1%	24 Asado de Lomo de Cerdo Glaseado Cítrico y Dulce Mezcla de Verduras Camote Rollo Integral Mandarina Leche Baja en Grasa 1%	25 Tiras de Pollo Salsa Kung Pao Oriental Vegetable Blend Arroz Frito de Pina Peras en Conserva Leche Baja en Grasa 1%
28 Ensalada de Pollo al Estragón c/ Aderezo de Yogurt Ensalada de Brócoli y Pimiento Rollo Integral w/ Smart Balance Mandarina Leche Baja en Grasa al 1%	29 Sopa de Cocido de Ternera a la Mexicana Carne de Ternera en cubos Caldo Mezcla de Verduras del Plato Principal Galletas Saladas Integrales (4pk) Manzana Fresca Galleta sin Azúcar Leche Baja en Grasa al 1%	30 Boloñesa de Pavo Mezcla Italiana de Verduras Pasta de Corbatas Queso Parmesano (1pk) Duraznos Leche Baja en Grasa al 1%	31 ✓  Tilapia al horno Salsa Ranchera Brócoli Arroz a la Mexicana Tortilla Integral 6" (1) Naranja Fresca Leche Baja en Grasa al 1%	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.



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

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