



Senior Lunch Menu – September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 HAPPY LABOR DAY <small>“Nothing will work unless you do”</small>	**2** Labor Day Special Menu Chicken Breast w/Brown Gravy Rice Pilaf Corn Fresh Apple Lemon Cream Cake Cup 1% Milk	3 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice Canned Tropical Fruit Mix 1% Milk	4 Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Canned Mandarin Orange 1% Milk	5 Chicken Strips Kung Pao Sauce Oriental Vegetable Blend Pineapple Fried Rice Canned Pears 1% Milk
8 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Canned Mandarin Orange 1% Milk	9 Mexican Cubed Beef Cocado Soup Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	10 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	11 Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	**12** Western Day Special Menu Pork Carnitas w/BBQ Sauce Black Beans Coleslaw WW Dinner Roll w/ Smart Balance RS Peach Crisp 1% Milk
15 Pork Carnitas Green Peas Cilantro Lime Rice SF Ambrosia Verde Sauce 1% Milk	16 Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	17 Salisbury Steak Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches 1% Milk	18 Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	19 Chicken Strips Oriental Vegetable Blend Brown Rice Lemongrass Sauce Canned Mandarin Orange 1% Milk
22 First Day of Fall Special Menu Cubed Beef California Blend Egg Noodles Goulash Canned Pears Tiramisu Cake Cup 1% Milk	23 Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	24 Diced Chicken Breast Orange Sauce Oriental Vegetable Blend Rice Pilaf Canned Mandarin Orange 1% Milk	25 Pork Carnitas Ranchera Sauce Peas & Carrots Cilantro Lime Rice Fresh Orange 1% Milk	26 Fish Sticks Taco Pico de Gallo Red & White Cabbage Black Beans Lemon Slice WG Mini Tortillas (2) Canned Peaches 1% Milk
29 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	30 Turkey Roast w/Brown Gravy Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Canned Pineapple Chunks 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. A weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.