



## Senior Lunch Menu – October 2025

### Multi-Cultural

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>		<b>1</b> <b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Canned Pineapple Chunks 1% Milk	<b>2</b> <b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>3</b> <b>Chicken Breast</b> Alfredo Sauce Brussel Sprouts Butternut Squash Soup WG Tri Color Pasta Canned Mandarin Orange 1% Milk
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Chicken Strips</b> Lemongrass Sauce Creamy Roasted Cauliflower Soup Oriental Vegetable Blend Brown Rice Fresh Apple 1% Milk	<b>Tofu Burrito Bowl</b> Pico De Gallo Guacamole Fajita Blend Black Bean Cilantro Lime Rice Fresh Orange 1% Milk	<b>Pork Carnitas</b> Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	<b>Turkey Roast</b> Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	<b>Salisbury Steak</b> Brown Gravy Peas Healing Chicken Rice Soup Mashed Potatoes WW Dinner Roll Canned Apricot 1% Milk
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>White Chicken Chili w/Pinto Beans</b> ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>Beef Enchilada Casserole</b> Peas and Carrots WW Dinner Roll Fresh Apple 1% Milk	<b>Diced Chicken</b> Orange Sauce Egg Drop Soup Oriental Vegetable Blend Brown Rice Canned Mandarin Orange 1% Milk	<b>Ground Beef</b> Spaghetti Marinara Sauce w/Parmesan Cheese Winter Veg Blend Fresh Orange 1% Milk	<b>Fish Sticks Taco</b> Pico de Gallo Tortilla Soup Red & White Cabbage Black Beans Lemon Slice WG Tortillas (2) Canned Peaches 1% Milk
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	<b>Turkey Roast</b> Brown Gravy Lentil Soup Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Canned Pineapple Chunks 1% Milk	<b>Cubed Beef</b> Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	<b>Baked Tilapia</b> Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	<b>Chicken Meatballs</b> Brown Gravy Chicken Noodle Soup Mashed Potatoes Peas WW Dinner Roll Fresh Orange 1% Milk
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>**31**</b>
<b>Chicken Breast</b> Parmesan Sundried Tomato Sauce Peas and Carrots Tri- Color Pasta Tropical Fruit Mix 1% Milk	<b>Barbacoa Beef</b> Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>Tuna Salad</b> Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	<b>Chicken Breast</b> Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	<b>**Halloween Special Menu**</b> <b>Cubed Beef</b> Stew Gravy Cream of Mushroom Soup Baby Potatoes WG Corn Bread Pistachio Pudding Canned Apricot 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. A weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.