

# November



## Senior Lunch Menu – November 2025

### Multi-Cultural

Monday	Tuesday	Wednesday	Thursday	Friday
3 ✓	4	5	6	7
<b>Veggie Egg Salad</b> Baked Red Potato Moroccan Lentil & Vegetable soup WW Bread Fresh Orange 1% Milk	<b>Pork Loin</b> Citrus Sweet Glaze 5-way Veg Quinoa Pilaf Canned Madrin Orange 1% Milk	<b>Chicken Breast</b> Florentine Sauce Peas & Carrot Cream of Spinach Soup Brown Rice Tropical Fruit Mixed 1% Milk	<b>Beef Cheeseburger</b> Slice Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato Cucumber Salad Fresh Apple 1% Milk	<b>Chicken Strips</b> Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk
<b>**10**</b>	11	12	13 ✓	14
<b>Veteran's Day Celebration</b> <b>Roast Beef</b> Mushroom Gravy Baby Baked Potatoes Broccoli Apple Pie WW Dinner Roll Fresh Apple 1% Milk	 <b>HAPPY VETERANS DAY</b>	<b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Canned Pineapple Chunks 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>Chicken Breast</b> Alfredo Sauce Brussel Sprouts Butternut Squash Soup WG Tri Color Pasta Canned Mandarin Orange 1% Milk
17	18	19	20 ✓	<b>**21**</b>
<b>Chicken Strips</b> Lemongrass Sauce Creamy Cauliflower Soup Oriental Vegetable Blend Brown Rice Fresh Apple 1% Milk	<b>Roast Turkey</b> Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	<b>Pork Carnitas</b> Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	<b>Tofu Burrito Bowl</b> Pico De Gallo Guacamole Fajita Veg Blend Black Bean Cilantro Lime Rice Fresh Orange 1% Milk	<b>Thanksgiving Celebration</b> <b>Turkey Pot Roast</b> Brown Gravy Mashed Potatoes Green Beans & Carrot Healing Chicken Rice Soup Hawaiian Roll Pumpkin Pie Canned Apricot 1% Milk
24	25	<b>**26**</b>	<b>**27**</b>	<b>**28**</b>
<b>White Chicken Chili</b> w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>Beef Enchilada</b> Casserole Peas and Carrots WW Dinner Roll Fresh Apple 1% Milk	<b>Thanksgiving Brunch</b> <b>Slice Ham</b> Apricot Sauce Collard Greens Sweet Potatoes Egg Drop Soup WW Dinner Roll RS Fruit Gelatin 1% Milk		
<b>Voluntary Contribution</b> - \$3.00  <b>Meal Cost for Under</b> <b>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. A weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

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