

December



Senior Lunch Menu – December 2025

Multi-Cultural

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 ✓	5
Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	Turkey Roast Brown Gravy Lentil Soup Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Canned Pineapple Chunks 1% Milk	Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	Baked Tilapia Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	Chicken Meatballs Brown Gravy Chicken Noodle Soup Mashed Potatoes Peas WW Dinner Roll Fresh Orange 1% Milk
8	9	10 ✓	11	**12** 📢
Chicken Breast Parmesan Sundried Tomato Sauce Peas and Carrots Tri- Color Pasta Tropical Fruit Mix 1% Milk	Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	Holiday Celebration Chicken Cordon Bleu Mixed Vegetables Baby Whole Potatoes WW Dinner Roll Creamy Mushroom Soup Red Velvet Cake Canned Apricot 1% Milk
15 ✓	16	17	18	**19** 📢
Veggie Egg Salad Baked Red Potato Moroccan Lentil & Vegetable soup WW Bread Fresh Orange 1% Milk	Pork Loin Citrus Sweet Glaze 5-way Mixed Veg Quinoa Pilaf Canned Madrin Orange 1% Milk	Chicken Breast Florentine Sauce Peas & Carrot Cream of Spinach Soup Brown Rice Tropical Fruit Mixed 1% Milk	Beef Cheeseburger Slice Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato Cucumber Salad Fresh Apple 1% Milk	1st Day of Winter Beef Pot Roast Mashed Potatoes w/ Mushroom Gravy Carrots WW Dinner Roll Donut Canned Pears 1% Milk
22	23	24	**25**	26
Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortilla (2) Fresh Apple 1% Milk	Turkey Bolognese Parmesan Cheese Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Canned Pineapple Chunks 1% Milk	Happy Holidays 🎄	Chicken Breast Alfredo Sauce Brussel Sprouts Butternut Squash Soup WG Tri Color Pasta Canned Mandarin Orange 1% Milk
29	**30** 📢	31		
Chicken Strips Lemongrass Sauce Creamy Cauliflower Soup Oriental Vegetable Blend Brown Rice Fresh Apple 1% Milk	New Year's Brunch Colorful Frittata Tater Tots Chicken Apple Sausage Croissant Salsa (1pk) Yogurt Parfait Topped w/ Granola Fresh Orange 1% Milk	Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 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.

www.MealsOnWheelsOC.org