


**Multicultural**

Martin Luther King Jr.

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>2</b>  <b>Salisbury Steak</b> Brown Gravy Peas Healing Chicken Rice Soup Mashed Potatoes WW Dinner Roll Canned Apricot 1% Milk
<b>5</b>  <b>White Chicken Chili w/Pinto Beans</b> ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>6</b>  <b>Beef Enchilada Casserole</b> Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	<b>7</b>  <b>Diced Chicken</b> Orange Sauce Egg Drop Soup Oriental Vegetable Blend Brown Rice Canned Mandarin Orange 1% Milk	<b>8</b>  <b>Ground Beef</b> Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	<b>9</b>   <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>12</b>  <b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	<b>13</b>  <b>Turkey Roast</b> Brown Gravy Lentil Soup Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	<b>14</b>  <b>Cubed Beef</b> Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	<b>15</b>   <b>Baked Tilapia</b> Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	<b>**16**</b>  <i>*Martin Luther King Jr Menu*</i> <b>BBQ McRib</b> w/BBQ Sauce Baked Beans Collard Greens Chicken Noodle Soup Parkerhouse Roll SF Cake Fresh Orange 1% Milk
<b>19</b>  	<b>20</b>  <b>Barbacoa Beef</b> Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>21</b>   <b>Tuna Salad</b> Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	<b>22</b>  <b>Chicken Breast</b> Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	<b>23</b>  <b>Cubed Beef</b> Stroganoff Sauce Egg Noodle Creamy Mushroom Soup Carrots Canned Apricot 1% Milk
<b>26</b>   <b>Veggie Egg Salad</b> Baked Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	<b>27</b>  <b>Pork Loin</b> Sweet Citrus Glaze 5-way Mixed Veg Quinoa Pilaf Canned Mandarin Orange 1% Milk	<b>28</b>  <b>Chicken Breast</b> Florentine Sauce Peas & Carrot Cream of Spinach Soup Brown Rice Tropical Fruit Mixed 1% Milk	<b>29</b>  <b>Beef Cheeseburger</b> Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	<b>30</b>  <b>Chicken Strips</b> Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 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.

## Congregate Program Delivery Days

**Abrazar Inc** – Every Day of the Week

**Anaheim Independencia**- Tuesday, Thursday and Friday

**Anaheim West** - Every Day of the week

**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 and Wednesday

**Fountain Valley** – Monday and Wednesday

**Fullerton** – Every Day of the week

**Garden Grove** – Every Day of the week

**Huntington Beach** – Every Day of the week

**La Habra** – Every Day of the week

**Midway** – Every Day of the Week

**Newport Beach**– 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