



Senior Lunch Menu – February 2026

Multicultural

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	Turkey Bolognese Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	Chicken Breast Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk
9	10	11	12	**13**
Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	Tofu Burrito Bowl Pico De Gallo Guacamole Fajita Veg Blend Black Beans Cilantro Lime Rice Fresh Orange 1% Milk	Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	Turkey Pot Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	*Valentine's Day Menu* Chicken Breast Alfredo Sauce Fettuccini Pasta Italian Veg Blend Healing Chicken Rice Soup Canned Apricot Strawberry Cake 1% Milk
16	**17**	18	19	20
	Presidents' Day Menu Roast Beef Mushroom Gravy Red Chunk Potatoes Capri Veg Blend Fresh Orange Apple Pie 1% Milk	Diced Chicken Orange Sauce Oriental Veg Blend Brown Rice Egg Drop Soup Canned Mandarin Orange 1% Milk	Ground Beef Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	Fish Sticks Tacos Pico de Gallo Red & White Cabbage Lemon Slice Black Beans WG Tortillas (2) Tortilla Soup Canned Peaches 1% Milk
23	24	25	26	27
Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	Roast Turkey Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	Baked Tilapia Creamy Garlic Sauce Brussel Sprouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	Chicken Meatballs Baby Potatoes Brown Gravy Peas Chicken Noodle Soup WW Dinner Roll Fresh Orange 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.

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