



**Senior Lunch Menu – March 2026**

**Multicultural**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>**6**</b>  
<b>Chicken Breast</b> Parmesan/Sundried Tomato Tri-Color Pasta Peas & Carrots Tropical Fruit 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>*National Nutrition Month*</b> <b>Baked Salmon</b> Mango Sauce Broccoli Rice Pilaf Creamy Mushroom Soup Canned Apricots Yogurt Parfait w/Chocolate Granola 1% Milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> 
<b>Chicken Strips</b> Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk	<b>Pork Loin</b> Sweet Citrus Glaze Mixed Vegetables Quinoa Pilaf Canned Mandarin Orange 1% Milk	<b>Chicken Breast</b> Florentine Sauce Peas & Carrots Brown Rice Cream of Spinach Soup Tropical Mixed Fruit 1% Milk	<b>Beef Cheeseburger</b> Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	<b>Veggie Egg Salad</b> Roasted Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk
<b>16</b>	<b>**17**</b> 	<b>18</b>	<b>19</b>	<b>20</b> 
<b>Mexican Beef Cocido Soup</b> Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	<b>*St Patrick's Day Menu*</b> <b>Corned Beef</b> Cabbage Whole Baby Potatoes WW Dinner Roll Canned Peaches Pistachio Pudding 1% Milk	<b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	<b>Chicken Breast</b> Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk
<b>23</b>	<b>24</b> 	<b>25</b>	<b>26</b>	<b>27</b> 
<b>Chicken Strips</b> Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	<b>Salisbury Steak</b> Brown Gravy Peas Mashed Potatoes Healing Chicken Rice Soup WW Dinner Roll Canned Apricot 1% Milk	<b>Pork Carnitas</b> Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	<b>Turkey Pot Roast</b> Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	<b>Tofu Burrito Bowl</b> Pico De Gallo Guacamole Fajita Veg Blend Black Beans Cilantro Lime Rice Fresh Orange 1% Milk
<b>30</b>	<b>31</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 & Carrots WW Dinner Roll Fresh Apple 1% Milk			
		<p><b>Voluntary Contribution - \$3.00</b></p> <p><b>Meal Cost for Under Age 60 - \$5.00</b></p> <p> <b>Meatless Meal</b></p>		

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.