



**Senior Lunch Menu – May 2026**

**Multicultural**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Voluntary Contribution</b> - \$3.00  <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>	<b>1</b>  <b>Chicken Breast</b> Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk
			<b>4</b>  <b>Chicken Strips</b> Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	<b>**5**</b> <b>*Cinco De Mayo Menu*</b> <b>Chicken Tinga</b> Sour Cream (1pk) Black Beans Mexican Rice Tortillas (2) Flan Cup Fresh Orange 1% Milk
<b>11</b>  <b>White Chicken Chili w/Pinto Beans</b> ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>12</b>  <b>Beef Enchilada Casserole</b> Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	<b>13</b>  <b>Diced Chicken</b> Orange Sauce Egg Drop Soup Oriental Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	<b>14</b>  <b>Ground Beef</b> Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	<b>15</b>  <b>Fish Tacos</b> Pico de Gallo Tortilla Soup Red & White Cabbage Black Beans Lemon Slice WG Tortillas (2) Canned Peaches 1% Milk
<b>18</b>  <b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk  	<b>19</b>  <b>Roast Turkey</b> Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	<b>20</b>  <b>Cubed Beef</b> Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk  	<b>21</b>  <b>Baked Tilapia</b> Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	<b>**22**</b> <b>*Memorial Day Menu*</b> <b>BBQ McRib w/BBQ Sauce</b> Corn and Carrots Brown Rice Chicken Noodle Soup Red Velvet Cake Fresh Orange 1% Milk
<b>25</b>  	<b>26</b>  <b>Barbacoa Beef</b> Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>27</b>  <b>Tuna Salad</b> Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	<b>28</b>  <b>Chicken Breast</b> Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	<b>29</b>  <b>Cubed Beef</b> Stroganoff Sauce Egg Noodles Carrots Creamy Mushroom Soup Canned Apricot 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 deserts and water packed fruits are used throughout the menu to accommodate diabetics. 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.

