



Senior Lunch Menu – Junio 2026

Multicultural

Lunes	Martes	Miercoles	Jueves	Viernes
1 Ensalada de Huevo y Verduras Sopa Marroquí de Lentejas con Verduras Papa de Cáscara Roja al Horno Pan Integral Naranja Fresca Leche 1%	2 Lomo de Cerdo Glaseado Agridulce Verduras Mixtas 5-Way Quinoa Pilaf Mandarina en Conserva Leche 1%	3 Pechuga de Pollo Salsa Florentina Sopa de Crema de Espinaca Chicharo y Zanahoria Arroz Integral Mezcla de Frutas Tropicales Leche 1%	4 Hamburguesa de Carne con Queso Rebanada de Queso Cátsup y Mostaza Lechuga Rallada, Jitomate y Cebolla Ensalada de Jitomate y Pepino Bollo de Hamburguesa Manzana Fresca Leche 1%	5 Tiras de Pollo Salsa Kung Pao Verduras Mezcla Japonesa Arroz Frito de Piña Peras en Conserva Leche 1%
8 Sopa de Cocido de Ternera a la Mexicana Consomé Mezcla de Verduras Mini Tortilla Integral (2) Manzana Fresca Leche 1%	9 Boloñesa de Pavo Queso Parmesano Mezcla de Verduras Italiana Pasta de Corbatas Duraznos en Conserva Leche 1%	10 Ternera en Cubos Salsa Cremosa de Ajo Zanahoria Arroz Integral Trozos de Piña Leche 1%	11 Pescado al Horno Salsa Ranchera Brócoli Arroz a la Mexicana Tortilla Integral Naranja Fresca Leche 1%	12 Pechuga de Pollo Salsa Alfredo Coles de Bruselas Pasta Tricolor Integral Sopa de Calabaza Moscada Mandarinas en Conserva Leche 1%
15 Tiras de Pollo Salsa de Limoncillo Mezcla de Verduras Japonesa Arroz Integral Crema de Coliflor Asada Manzana Fresca Leche 1%	16 ✓ Tazón de Burrito de Tofu Pico de Gallo Guacamole Mezcla de Fajitas Frijol Negro Arroz al Cilantro-Limón Naranja Fresca Leche 1%	17 Carnitas de Cerdo Salsa Verde Zanahoria Arroz con Jitomate y Cilantro Mini Tortilla Integral (2) Mandarinas en Conserva Leche 1%	18 Asado de Pavo Gravy de Champiñones Mezcla de Verduras Capri Arroz Pilaf Manzana Fresca Leche 1%	**19** 🗑️ **Father's Day menu** Rosbif Salsa oscura Brócoli y zanahorias Papas pequeñas al horno Sopa de arroz con pollo Panecillo integral Peras en conserva Pastelito de doble chocolate y frambuesa Leche 1%
22 Chili Blanco de Pollo con Frijol Pinto Papa al Horno Rollo Integral Smart Balance Peras en Conserva Leche 1%	**23** 🗑️ **First Day of Summer Menu** Hamburguesa de res Pan de hamburguesa Papas fritas Ensalada de col Lechuga rallada y rodajas de tomate Mostaza y ketchup Trozos de piña Vaso de helado Leche 1%	24 Cubos de Pollo Salsa de Naranja Sopa de Huevo Verduras Mezcla Japonesa Arroz Integral Mandarinas en Conserva Leche 1%	25 Carne Molida de Ternera Espagueti Salsa Marinara Queso Parmesano Mezcla Invernal Naranja Fresca Leche 1%	26 ✓ Taco de Palitos de Pescado Pico de Gallo Col Blanca y Morada Frijol Negro Tortilla Integral (2) Rebanada de Limón Sopa de Tortilla Duraznos en Conserva Leche 1%
29 Lomo de Cerdo Salsa de Caramelo Brócoli Arroz Integral Manzana Fresca Leche 1%	30 Pavo Asado Salsa Marrón Mezcla de Verduras Escandinava Camote Sopa de Lentejas Rollo Integral c/Smart Balance Trozos de Piña Leche 1%	Contribución Voluntaria-\$3.00 Costo de comida para menores de 60 años -\$5.00 ✓ Comida sin carne		

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

