


JUNE



Senior Lunch Menu – June 2026

Multicultural

Monday 	Tuesday	Wednesday	Thursday	Friday
1 Veggie Egg Salad Roasted Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	2 Pork Loin Sweet Citrus Glaze Mixed Vegetables Quinoa Pilaf Canned Mandarin Orange 1% Milk	3 Chicken Breast Florentine Sauce Peas & Carrots Brown Rice Cream of Spinach Soup Tropical Mixed Fruit 1% Milk	4 Beef Cheeseburger Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	5 Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk
8	9	10	11 	12
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
15	16 	17	18	**19**
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	**Father's Day menu** Roast Beef Brown Gravy Broccoli & Carrots Baby Baked Potatoes Chicken Rice Soup WW Dinner Roll Canned Pears Double Chocolate Raspberry Cake Cup 1% Milk
22	**23** 	24	25	26 
White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	**First Day of Summer Menu** Beef Hamburger Patty WG Hamburger Bun French Fries Coleslaw Salad Shredded Lettuce & Sliced Tomato Mustard & Ketchup Pineapple Chunks Ice Cream Cup 1% Milk	Diced Chicken Orange Sauce Egg Drop Soup Oriental Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	Ground Beef Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	Fish Tacos Pico de Gallo Tortilla Soup Red & White Cabbage Black Beans Lemon Slice WG Tortillas (2) Canned Peaches 1% Milk
29	30			
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			
		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