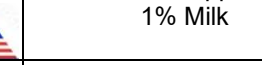


JULY

Senior Lunch Menu – July 2026

HAPPY
Fourth

Multicultural

Monday	Tuesday	Wednesday	Thursday	Friday
	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal	1 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	**2**  *Independence Day Menu* Shredded Chicken w/BBQ Sauce Broccoli Black Beans WW Dinner Roll Ice Cream Cup Fresh Orange 1% Milk	3 
6 Chicken Breast Parmesan/Sundried Tomato Tri-Color Pasta Peas & Carrots Tropical Fruit Cocktail 1% Milk	7 Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	8  Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	9 Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	10 Cubed Beef Stroganoff Sauce Egg Noodles Carrots Creamy Mushroom Soup Canned Apricot 1% Milk
 13  Veggie Egg Salad Roasted Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	 14 Pork Loin Sweet Citrus Glaze Mixed Vegetables Quinoa Pilaf Canned Mandarin Orange 1% Milk	 15 Chicken Breast Florentine Sauce Peas & Carrots Brown Rice Cream of Spinach Soup Tropical Mixed Fruit 1% Milk	 16 Beef Cheeseburger Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	 17 Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk
20 Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	21 Turkey Bolognese Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	 22 Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	 23  Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	24 Chicken Breast Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk
27 Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	 28 Tofu Burrito Bowl Pico De Gallo Guacamole Fajita Veg Blend Black Beans Cilantro Lime Rice Fresh Orange 1% Milk	29 Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	30 Turkey Pot Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	31 Salisbury Steak Brown Gravy Peas Mashed Potatoes Healing Chicken Rice Soup WW Dinner Roll 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 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