



Senior Lunch Menu – September 2026

Multicultural

Monday	Tuesday	Wednesday	Thursday	Friday
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Turkey Bolognese Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	2 Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	3 Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	4 Chicken Breast Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk
7 	**8** **Labor Day Menu** Pork Carnitas w/BBQ Sauce Coleslaw Salad Pinto Beans WG Corn Muffin Peach Crisp 1% Milk	9 Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	10 Turkey Pot Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	11 Salisbury Steak Brown Gravy Peas Mashed Potatoes Healing Chicken Rice Soup WW Dinner Roll Canned Apricot 1% Milk
14 White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	15 Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	16 Diced Chicken Orange Sauce Oriental Veg Blend Brown Rice Egg Drop Soup Canned Mandarin Orange 1% Milk	17 Ground Beef Spaghetti Marinara Sauce Winter Veg Blend Parmesan Cheese (1pk) Fresh Orange 1% Milk	**18** **Western Day Menu** Chicken Breast Brown Gravy Oriental Veg Blend Rice Pilaf Tortilla Soup Lemon Cake Cup Fresh Orange 1% Milk
21 **First Day of Fall Menu** Cubed Beef Goulash Sauce Egg Noodles California Veg Blend Tiramisu Cake Cup Fresh Apple 1% Milk	22 Roast Turkey Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	23 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	21 Baked Tilapia Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	25 Chicken Meatballs Mashed Potatoes Brown Gravy Peas WW Dinner Roll Chicken Noodle Soup Fresh Orange 1% Milk
28 Chicken Breast Parmesan/Sundried Tomato Tri-Color Pasta Peas & Carrots Tropical Fruit Cocktail 1% Milk	29 Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	30 Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 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.

www.MealsOnWheelsOC.org

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