



Senior Lunch Menu – October 2026

MC1L001 Multicultural

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal (V)	Chicken Breast Huli Huli Pineapple Sauce Brown Rice Scandinavian Veg Canned Pears 1% Milk	Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Fresh Apple 1% Milk
5	6	7	8	9 (V)
Vegetarian Lasagna Chicken Meatballs Marinara Sauce Green Beans & Carrots WW Dinner Roll Fresh Orange 1% Milk	Pork Loin Sweet Citrus Sauce Mixed Veg Blend Brown Rice Canned Peaches 1% Milk	Chicken Breast Florentine Sauce Green Beans Quinoa Pilaf Cream of Spinach Soup Fresh Apple 1% Milk	Beef Cheeseburger Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Canned Apricots 1% Milk	Classic Egg Salad Wrap WG Flour Tortilla Guacamole Baby Baked Potatoes Spring Mix Italian Dressing Lentil Soup Fresh Orange 1% Milk
12	13	14	15 (V)	16
Pork Loin Chipotle BBQ Sauce California Veg Blend Mashed Potatoes WW Dinner Roll Fresh Orange 1% Milk	Turkey Bolognese Italian Veg Blend Penne Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Tortillas (2) Fresh Apple SF Pudding 1% Milk	Baked Tilapia Salsa Ranchera Broccoli Mexican Rice WG Tortilla (1) Canned Pears 1% Milk	Ground Beef TriColor Pasta Alfredo Sauce Brussel Sprouts Butternut Squash Soup Canned Mandarin Orange 1% Milk
19	20	21	22	23
Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Mushroom Soup Fresh Apple 1% Milk	Pork Carnitas Salsa Verde Green Beans Tomato Cilantro Rice WG Tortilla Fresh Orange 1% Milk	Roast Beef Mushroom Brown Gravy Carrots Rice Pilaf Canned Pineapple Tidbits 1% Milk	Tofu Burrito Bowl Pico De Gallo Guacamole Fajita Veg Blend Black Beans Cilantro Lime Rice Chicken Rice Soup Canned Apricots 1% Milk	Salisbury Steak Peas & Carrots Mashed Potatoes Brown Gravy WW Dinner Roll Fresh Apple 1% Milk
26	27 (V)	28	29	**30**
Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Orange 1% Milk	Fish Stick Tacos Pico De Gallo Red & Green Cabbage Lemon Slice Black Beans WG Tortillas (2) Tortilla Soup Canned Fruit Salad 1% Milk	Diced Chicken Orange Sauce Oriental Veg Blend Brown Rice Egg Drop Soup Canned Peaches 1% Milk	Ground Beef Spaghetti Marinara Sauce Winter Veg Blend Parmesan Cheese (1pk) Fresh Apple 1% Milk	*Halloween Menu* Cubed Beef Stew Vegetables Stew Gravy Baby Baked Potatoes WG Corn Muffin Canned Pears Pistachio Pudding 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.

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