



Senior Lunch Menu – November 2026

MC1L001 Multicultural

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 (V)	6
Meatloaf Scandinavian Veg Mashed Potatoes WW Dinner Roll Brown Gravy Fresh Orange 1% Milk	Chicken Breast Peas & Carrots Jasmine Rice Pepper Garlic Sauce Lentil Soup Canned Apricots 1% Milk	Cubed Beef Capri Blend Vegetables Mexican Rice WG Tortilla (1) Red Chili Sauce Fresh Apple 1% Milk	Baked Tilapia Brussels Sprouts Orzo Vegetable Pilaf Creamy Garlic Sauce Homestyle Chicken Noodle Soup Canned Mandarin Orange 1% Milk	Pork Loin Caramel Sauce Broccoli Brown Rice Canned Pineapple Tidbits 1% Milk
9	**10**	11	12	13
Chicken Strips Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Creamy Roasted Cauliflower Soup Fresh Tropical Fruit Salad 1% Milk	**Veteran's Day Menu** Roast Beef Mushroom Gravy Broccoli Baby Baked Potatoes WW Dinner Roll Fresh Orange Apple Pie 1% Milk	Closed	Chicken Breast Scandinavian Veg Brown Rice Huli Huli Pineapple Sauce Canned Pears 1% Milk	Cubed Beef Carrots Brown Rice Pepper Garlic Sauce Fresh Apple 1% Milk
16	17	18	19	**20**
Vegetarian Lasagna Chicken Meatballs Marinara Sauce Green Beans & Carrots WW Dinner Roll Fresh Orange 1% Milk	Pork Loin Citrus Sweet Glaze Mixed Veg Blend Brown Rice Canned Peaches 1% Milk	Chicken Breast Green Beans Quinoa Pilaf Florentine Sauce 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	**Thanksgiving Celebration** Turkey Pot Roast Brown Gravy Cranberry Sauce Mashed Potatoes Green Beans & Carrots Hawaiian Roll Lentil Soup Fresh Orange Pumpkin Pie 1% Milk
23	24	**25**	26	27
Pork Loin Chipotle BBQ Sauce California Veg Blend Mashed Potato WW Dinner Roll Fresh Orange 1% Milk	Turkey Bolognese Italian Veg Blend Penne Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	**Thanksgiving Brunch** Sliced Ham Apricot Sauce Sweet Potatoes Collard Green Parker House Roll Ambrosia 1% Milk	Closed	Closed
30				
Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Mushroom Soup Fresh Apple 1% Milk	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 (V) 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.

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