


# JULY

July



## Senior Lunch Menu – July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>**3**</b>	<b>4</b>	<b>5</b>
<b>Vietnamese Caramel Pork</b> Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix 1% Milk	<b>Turkey Pot Roast</b> Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin 1% Milk	<i>*4<sup>th</sup> of July Celebration*</i> <b>Pulled Pork</b> BBQ Sauce WG Hamburger Bun Maccaroni Salad Baked Beans Watermelon Chunks 1% Milk	Happy <b>4<sup>th</sup> of July</b> 	<b>Macaroni &amp; Cheese</b> Diced Tomatoes Carrots Breadsticks (1pk) SF Apple Crisp Orange-Pineapple Juice 1% Milk
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>Barbacoa Beef</b> Cilantro Lime Rice Oregon Bean Medley WG Tortilla SF Custard Orange Juice 1% Milk	<b>Split Pea Soup w/ SF Crackers</b> Mexican Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	<b>Diced Chicken</b> Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 1% Milk	<b>Cubed Beef</b> Ranchera Sauce Mexican Rice Pinto Beans WG Tortilla (1) Pico de Gallo Canned Apricot 1% Milk
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> 
<b>Braised Cubed Beef</b> Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>Egg Drop Soup w/ SF Crackers</b> Vietnamese Chicken Salad WW Dinner Roll w/Smart Balance Sliced Peaches 1% Milk	<b>Chicken Torta Sandwich</b> (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	<b>Beef Cheeseburger</b> Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin 1% Milk	<b>Moroccan Lentil Veg. Soup w/ SF Crackers</b> Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/Smart Balance Diet Pear Crisp 1% Milk
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Cream of Spinach Soup w/ SF Crackers</b> Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk	<b>Mexican Beef Cocido</b> Cubed Beef Beef Broth Vegetable Mix WG Tortilla Salsa Victoria (1pk) SF Fruited Gelatin 1% Milk	<b>Ground Turkey Bolognese</b> Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Mexican Rice Broccoli WG Tortilla SF Pudding Orange Juice 1% Milk	<b>Chinese Beef Stir Fry</b> Pepper Garlic Sauce Jasmine Rice Carrots Pineapple Chunks 1% Milk
<b>29</b>	<b>30</b>	<b>31</b> 	<b>Voluntary Contribution - \$3.00</b> <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b> 	
<b>Pork Chile Verde</b> Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	<b>Zuni Corn Soup w/ SF Crackers</b> Poppy Seed Chicken Pasta Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers (2pk) SF Fruited Gelatin 1% Milk	<b>Spinach &amp; Mushroom Quiche</b> Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/Smart Balance Canned Pears 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. 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, Wednesday, and Thursday

**Fountain Valley** – Monday and Wednesday

**Fullerton** – Every Day of the week

**Garden Grove** – Monday, Tuesday, Thursday, and Friday

**Huntington Beach** – Tuesday, Thursday, and Friday

**La Habra** – Every Day of the week

**Midway** – 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