



**Senior Lunch Menu – September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
2 	**3** <b>*Labor Day Celebration*</b> <b>Chicken Breast</b> Mashed Potatoes Brown Gravy Corn Hawaiian Roll w/Smart Balance Cheesecake Diet: Fresh Fruit	4 <b>Cubed Beef</b> Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange Orange Juice 1% Milk	5 <b>Chicken Meatballs</b> Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Fresh Orange 1% Milk	6 <b>Tinga Chicken</b> California Veg Blend Cilantro Lime Rice WG Tortilla SF Pudding Ambrosia 1% Milk
9 <b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	10 <b>Barbacoa Beef</b> Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk	11 <b>Tuna Salad</b> Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	12 <b>Diced Chicken Breast</b> Sweet & Sour Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	**13** <b>*Western Day Special Menu*</b> <b>Pulled Pork</b> BBQ Sauce Baked Beans Coleslaw Cornbread w/Smart Balance RS Peach Crisp
16 <b>Chicken Breast</b> Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	17 <b>Beef Cheeseburger</b> Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	18 <b>Veggie Egg Salad</b> California Salad Moroccan Lentil Veg Soup Spring Mix WW Bread w/Smart Balance Fresh Orange 1% Milk	19 <b>Pork Loin</b> Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	20 <b>Chicken Tamarin</b> Oriental Veg Blend Pineapple Fried Rice Egg Drop Soup WW Crackers (4pk) Canned Pears 1% Milk
**23** <b>*First Day of Fall*</b> <b>Beef Goulash</b> Egg Noodles California Veg Blend WW Crackers (2pk) Carrot Bread Diet: Fresh Fruit	24 <b>Mexican Beef Cocido</b> Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	25 <b>Turkey Bolognese</b> Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	26 <b>Baked Tilapia</b> Ranchera Sauce Broccoli WG Tortilla (1) SF Pudding Orange Juice 1% Milk	27 <b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk
30 <b>Pork Carnitas</b> Verde Sauce Green Peas Cilantro Lime Rice WG Tortilla (1) RS Ambrosia 1% Milk	<b>Voluntary Contribution</b> - \$3.00  <b>Meal Cost for Under</b> <b>Age 60 - \$5.00</b>  <b>Meatless Meal</b>	<b>September</b>		

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** – 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