



Senior Lunch Menu – December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Diced Chicken Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Barbacoa Beef Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk	Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Diced Chicken Breast Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	Cubed Beef Ranchera Sauce Broccoli Mexican Rice WG Tortilla Fresh Orange 1% Milk
9	10	11 ✓	12	**13** 🍷
Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Beef Cheeseburger Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	Veggie Egg Salad on Spring Mix California Veg Blend Moroccan Lentil Veg Soup WW Bread w/Smart Balance Fresh Orange 1% Milk	Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	Holiday Celebration Chicken Cordon Bleu Baby Whole Potatoes Chefs Cut Veg Blend Parkerhouse Roll w/ Smart Balance Red Velvet Cake Diet: Fresh Fruit 1% Milk
16	17	18	19	20
Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) SF Pudding Orange Juice 1% Milk	Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk
23 🍷	24	**25**	26	27
1st Day of Winter Beef Pot Roast Mashed Potatoes w/ Mushroom Gravy Carrots Dinner Roll w/ Smart Balance Assorted Dessert Diet: Fresh Fruit 1% Milk	Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk		Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Tropical Fruit Mix 1% Milk
30 🍷	31			
New Year's Brunch Colorful Frittata Tater Tots Chicken Apple Sausage Croissant w/ Smart Balance Yogurt Parfait Topped w/ Granola Diet: Fresh Fruit 1% Milk	Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 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 reason 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 serve. 🍷 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.

**Voluntary Contribution
- \$3.00**

**Meal Cost for Under
Age 60 - \$5.00**

✓ **Meatless Meal**