


November



Senior Lunch Menu – November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Voluntary Contribution - \$3.00</p> <p>Meal Cost for Under Age 60 - \$5.00</p> <p> Meatless Meal</p>	 <p>WE SALUTE OUR VETERANS THANK YOU FOR YOUR SERVICE</p>			<p>1</p> <p>Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Egg Drop Soup WW Crackers (4pk) Canned Pears 1% Milk</p>
4	5	6	7	8
<p>Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk</p>	<p>Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk</p>	<p>Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk</p>	<p>Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) SF Pudding Orange Juice 1% Milk</p>	<p>Veteran's Day Celebration Roast Beef w/ Mushroom Gravy Baby Baked Potatoes Chef's Cut Veg. Blend Dinner Roll w/Smart Balance Apple Pie Diet: Fresh Fruit 1% Milk</p>
11	12	13	14	15
 <p>HAPPY VETERANS DAY</p>	<p>Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk</p>	<p>Salisbury Steak Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk</p>	<p>Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk</p>	<p>Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Tropical Fruit Mix 1% Milk</p>
18	19	20	21	22
<p>Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk</p>	<p>Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk</p>	<p>Diced Chicken Breast Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk</p>	<p>Pork Carnitas Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk</p>	<p>Thanksgiving Celebration Roast Turkey w/ Brown Gravy Mashed Potatoes Green Beans Hawaiian Roll w/ Smart Balance Pumpkin Pie Diet: Fresh Fruit 1% Milk</p>
25	26	27	28	29
<p>Pork Loin Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk</p>	<p>Cubed Beef Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange Orange Juice 1% Milk</p>	<p>Thanksgiving Brunch Sliced Ham w/Apricot Sauce Sweet Potatoes w/Marshmallows Collard Greens Parkerhouse Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit</p>	 <p>HAPPY Thanksgiving</p>	

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 buttersy spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.