



Senior Lunch Menu – January 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal | 2 Pork Carnitas Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk | 3 Fish Sticks Taco Pico de Gallo Red & White Cabbage Black Beans WG Mini Tortillas (2) Pineapple Chunks 1% Milk |
| | | 6 Pork Loin Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk | 7 Turkey Roast Brown Gravy Collard Greens Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk | 8 Cubed Beef Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk |
| 13 Diced Chicken Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk | 14 Barbacoa Beef Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk | 15 Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk | 16 Diced Chicken Breast Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk | 17 "MLK Day Celebration" |
| 20 | 21 Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk | 22 Veggie Egg Salad on Spring Mix California Veg Blend Moroccan Lentil Veg Soup WW Bread w/Smart Balance Fresh Orange 1% Milk | 23 Beef Cheeseburger Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk | 24 Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Egg Drop Soup WW Crackers (4pk) Canned Pears 1% Milk |
| 27 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk | 28 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk | 29 "Lunar New Year" | 30 Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) SF Pudding Orange Juice 1% Milk | 31 Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk |
| <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 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 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.</p> <p align="center">www.MealsOnWheelsOC.org</p> | | | | |