







February



Senior Lunch Menu – February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal		
3	4	5	6	7
Pork Carnitas Verde Sauce Green Peas Cilantro Lime Rice WG Tortilla (1) RS Ambrosia 1% Milk	Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	Salisbury Steak Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 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
10	11	12	13	**14**
Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Diced Chicken Breast Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Pork Carnitas Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	 Valentines Day Celebration* Chicken Breast Alfredo Sauce Fettuccini Pasta Italian Vegetables Strawberry Cake Fresh Apple 1% Milk
17	**18**	19	20	21
 HAPPY PRESIDENT'S DAY	*President's Day Celebration* Roast Beef Mushroom Gravy Pea's & Carrot Veg WW Dinner Roll w/Smart Balance Cherry Pie Pineapple Chunk 1% Milk	Cubed Beef Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Chicken Meatballs Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Fresh Orange 1% Milk	Tinga Chicken California Veg Blend Cilantro Lime Rice WG Tortilla SF Pudding RS Ambrosia 1% Milk
24	25	26	27	28
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
<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>				
www.MealsOnWheelsOC.org				