

# MARCH



## Senior Lunch Menu – March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>**7**</b>
<b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	<b>Turkey Roast</b> Scandinavian Veg Blend Sweet Potatoes Brown Gravy WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	<b>Cubed Beef</b> Stroganoff Sauce Carrot Egg Noodles Mandarin Orange 1% Milk	<b>Chicken Meatballs</b> Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Chicken Noodle Soup Fresh Orange 1% Milk	<b>*National Nutrition Month Celebration*</b> <b>Baked Salmon</b> w/ <b>Mango Salsa</b> Brown Rice Broccoli Yogurt Parfait Topped w/ Granola Pears 1% Milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Diced Chicken</b> Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk	<b>Barbacoa Beef</b> Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk	<b>Cubed Beef</b> Ranchera Sauce Broccoli & Carrot Brown Rice WG Tortilla Fresh Orange 1% Milk	<b>Diced Chicken</b> Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange SF Pudding 1% Milk	<b>Tuna Salad</b> Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk
<b>**17**</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>*St Patrick's Day Celebration*</b> <b>Roast Beef</b> Cabbage & Carrots Fettuccini Pasta Moroccan Lentil Veg Soup Lemon Cream Cake Cup Mushroom Gravy Fresh Orange 1% Milk	<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	<b>Chicken Breast</b> Savory Tomato Sauce Peas & Carrots Brown Rice Tropical Fruit Mix 1% Milk	<b>Pork Loin</b> Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Mandarin Orange 1% Milk	<b>Veggie Egg Salad</b> Corn Tomato Salad w/ Pesto Dressing Moroccan Lentil Veg Soup WW Bread Fresh Orange 1% Milk
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Tarragon Chicken</b> <b>Salad w/Yogurt</b> <b>Dressing</b> Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>Mexican Beef Cocido</b> <b>Soup</b> Ground Beef Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	<b>Turkey Bolognese</b> Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Peaches 1% Milk	<b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk
<b>31</b>				<b>Voluntary Contribution</b> - \$3.00  <b>Meal Cost for Under</b> <b>Age 60 - \$5.00</b>  <b>Meatless Meal</b>
<b>Pork Carnitas</b> Verde Sauce Green Peas Cilantro Lime Rice RS Ambrosia 1% Milk				
<p>All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 &amp; Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency &amp; 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 &amp; rolls. Weekly average lunch meal provides &gt;550 calories. Please note condiments are not analyzed and may increase sodium.</p> <p align="center"><a href="http://www.MealsOnWheelsOC.org">www.MealsOnWheelsOC.org</a></p>				