



Senior Lunch Menu – December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Fish Tacos Black Beans Red & White Cabbage Corn Tortillas (2) Pico de Gallo Pineapple Chunks
4 Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Seasonal Fresh Fruit	5 Turkey Pot Roast Brown Gravy Mashed Potatoes Collard Greens SF Fruited Gelatin	6 Macaroni & Cheese Diced Tomatoes Carrots Breadstick (1 pk) SF Apple Crisp Orange-Pineapple Juice	7 Chicken Meatball Sweet Citrus Glazed Sweet Potatoes Oriental Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	8 Tortilla Soup w/ SF Crackers Chicken Tinga Cilantro Lime Rice California Veg Blend Tortilla SF Ambrosia
11 Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	12 Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice	13 Split Pea Soup w/ SF Crackers Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple	14 Diced Chicken Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin	**15** Holiday Celebration Chicken Cordon Bleu Scalloped Potatoes Chefs Cut Veg Blend Parkerhouse Roll w/ Smart Balance Assorted Cake Diet: Fresh Fruit
18 Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix	19 Beef Cheeseburger Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin	20 Moroccan Lentil Veg. Soup w/ SF Crackers Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp	**21** 1st Day of Winter Beef Pot Roast Mashed Potatoes w/ Mushroom Gravy Carrots Dinner Roll w/ Smart Balance Cheesecake Diet: Fresh Fruit	22 Egg Drop Soup w/ SF Crackers Vietnamese Chicken Salad WW Dinner Roll w/ Smart Balance Sliced Peaches
25 	26 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria Mandarin Orange	27 Ground Turkey Bolognese Bow Tie Pasta Italian Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix	28 Baked Tilapia Ranchera Sauce Mexican Rice Broccoli Tortilla SF Pudding Orange Juice	**29** New Year's Brunch Colorful Frittata Tater Tots Chicken Apple Sausage Croissant w/ Smart Balance Yogurt Parfait Topped w/ Granola Diet: Fresh Fruit

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.

Congregate Program Delivery Days

Abrazar Inc – Every Day of the Week

Anaheim Independencia- Tuesday, Thursday and Friday

Anaheim West - Monday, Tuesday and Wednesday

Brea – Monday, Tuesday, Wednesday, and Friday

Buena Park – Every Day of the week

Costa Mesa - Every Day of the week

Cypress – Monday, Tuesday, Wednesday, and Friday

El Modena – Monday, Wednesday and Thursday

Fountain Valley – Monday and Wednesday

Fullerton – Every Day of the week

Garden Grove – Monday, Tuesday, Thursday, and Friday

Huntington Beach – Tuesday, Thursday and Friday

La Habra – Every Day of the week

Midway – Every Day of the Week

North Seal Beach – Every Day of the week

Orange – Every Day of the week

Placentia – Every Day of the week

Santa Ana – Every Day of the week

Southwest – Every Day of the week

Stanton – Monday, Tuesday and Wednesday (closed Friday. Monday, we deliver for Monday and Tuesday)

Tustin – Every Day of the Week

Westminster – Every Day of the week

Yorba Linda – Every Day of the week