



**Senior Lunch Menu – Diciembre 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>	<b>1</b>  <b>Tacos de Pescado</b> Frijol Negro Col Morada y Blanca Tortilla Pico de Gallo Piña en Trozos
<b>4</b>  <b>Cerdo Caramelizado Vietnamita</b> Salsa de Caramelo Arroz Jasmine Brócoli Fruta Fresca de la Estación	<b>5</b>  <b>Asado de Pavo</b> Salsa Marrón Puré de Papa Col Rizada Gelatina de Frutas s/Azúcar	<b>6</b>  <b>Macarrones con Queso</b> Jitomate Picado Zanahorias Palito de Pan Crujiente de Manzana s/Azúcar Jugo de Naranja y Piña	<b>7</b>  <b>Albóndigas de Pollo</b> Glaseado Agridulce Camote Mezcla Oriental de Verduras Rollo Integral c/Smart Balance Mandarina	<b>8</b>  <b>Sopa de Tortilla c/ Galletas Saladas</b> Tinga de Pollo Arroz Cilantro Limón Mezcla California de Verduras Tortilla Ambrosia s/Azúcar
<b>11</b>  <b>Pechuga de Pollo</b> Salsa de Tomates Deshidatados y Parmesano Pasta Tri-Color Mezcla de Verduras Mixtas Rollo Integral c/Smart Balance Mandarina	<b>12</b>  <b>Barbacoa de Ternera</b> Arroz Cilantro Limón Mezcla de Frijoles Oregon Tortilla Natillas s/Azúcar Jugo de Naranja	<b>13</b>  <b>Sopa de Chicharos c/ Galletas Saladas</b> Ensalada Provenzal de Atún Ensalada Sunshine de Gelatina Rollo Integral c/ Smart Balance Manzana Fresca	<b>14</b>  <b>Cubos de Pollo</b> Salsa Agridulce Fideos de Huevo Mezcla Oriental de Verduras Rollo Integral c/ Smart Balance Gelatina de Frutas s/ Azúcar	<b>**15**</b>  <b>Celebración de Vacaciones Pollo Cordon Bleu</b> Patatas Gratinadas Mezcla de Verduras Cortadas Por el Chef Rollo de Parkerhouse c/ Smart Balance Tarta Variada Dieta: Fruta Fresca
<b>18</b>  <b>Torta de Pollo</b> (Pollo Deshebrado, Frijol Pinto, Lechuga Rallada, Jitomate Picado) Mayonesa (1pk) Rollo Telera Mezcla de Frutas Tropicales	<b>19</b>  <b>Hamburguesa de Res c/ Queso Suizo</b> Ensalada de Papa Lechuga Rallada Cebolla y Jitomate Bollo de Hamburguesa Mayonesa, Mostaza, Cátsup Gelatina de Frutas s/Azúcar	<b>20</b>  <b>Sopa Marroquí de Lentejas y Verduras c/ Galletas Saladas</b> Ensalada de Huevo con Verduras Ensalada de Cebada y Champiñones Mini Muffin Integral de Arándanos c/ Smart Balance Crujiente de Para de Dieta	<b>**21**</b>  <b>1º Día de Invierno Carne Asada a La Olla</b> Puré de Papa Salsa de Champiñones Zanahoria Rollo Integral c/ Smart Balance Pastel de Queso Dieta: Fruta Fresca	<b>22</b>  <b>Sopa de Huevo c/ Galletas Saladas</b> Ensalada Vietnamita de Pollo Rollo Integral c/ Smart Balance Rebanadas de Durazno
<b>25</b>  	<b>26</b>  <b>Cocido de Ternera a la Mexicana</b> Ternera en Cubos Sopa con Verduras Tortilla Salsa Gelatina de Frutas s/ Azúcar	<b>27</b>  <b>Boloñesa de Ternera Molida</b> Pasta de Corbata Mezcla Italiana de Verduras Queso Parmesano Rollo Integral c/ Smart Balance Mezcla de Frutas Tropicales	<b>28</b>  <b>Tilapia al Horno</b> Salsa Ranchera Arroz a la Mexicana Brócoli Tortilla Pudín s/Azúcar Jugo de Naranja	<b>**29**</b>  <b>Brunch de Año Nuevo Frittata Colorida</b> Tater Tots Salchicha de Pollo y Manzana Creciente c/ Smart Balance Parfait de Yogur c/ Granola Dieta: Fruta Fresca

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