



**Senior Lunch Menu – March 2026**

**Multicultural**

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <b>2</b>  | <b>3</b>   | <b>4</b>  | <b>5</b>  | <b>**6**</b>                  |
| <b>Chicken Breast</b><br>Parmesan/Sundried<br>Tomato<br>Tri-Color Pasta<br>Peas & Carrots<br>Tropical Fruit<br>1% Milk                | <b>Barbacoa Beef</b><br>Pico De Gallo<br>Oregon Bean Medley<br>Mexican Rice<br>WG Tortilla (1)<br>Fresh Orange<br>1% Milk                                  | <b>Tuna Salad</b><br>Spring Mix<br>Balsamic Vinaigrette<br>Dressing<br>Old Fashioned Potato<br>Soup<br>WW Bread (2)<br>Fresh Apple<br>1% Milk   | <b>Chicken Breast</b><br>Asian Sauce<br>Scandinavian Veg Blend<br>Brown Rice<br>Canned Mandarin<br>Orange<br>1% Milk  | <b>*National Nutrition Month*</b><br><b>Baked Salmon</b><br>Mango Sauce<br>Broccoli<br>Rice Pilaf<br>Creamy Mushroom<br>Soup<br>Canned Apricots<br>Yogurt Parfait<br>w/Chocolate Granola<br>1% Milk |
| <b>9</b>  | <b>10</b>  | <b>11</b>   | <b>12</b>   | <b>13</b>    |
| <b>Chicken Strips</b><br>Kung Pao Sauce<br>Oriental Veg Blend<br>Pineapple Fried Rice<br>Canned Pears<br>1% Milk                      | <b>Pork Loin</b><br>Sweet Citrus Glaze<br>Mixed Vegetables<br>Quinoa Pilaf<br>Canned Mandarin<br>Orange<br>1% Milk   | <b>Chicken Breast</b><br>Florentine Sauce<br>Peas & Carrots<br>Brown Rice<br>Cream of Spinach<br>Soup<br>Tropical Mixed Fruit<br>1% Milk  | <b>Beef Cheeseburger</b><br>Sliced Cheese<br>Shredded Lettuce,<br>Tomato & Red Onion<br>WG Hamburger Bun<br>Mustard & Ketchup<br>Tomato & Cucumber<br>Salad<br>Fresh Apple<br>1% Milk | <b>Veggie Egg Salad</b><br>Roasted Red Chunk<br>Potatoes<br>Moroccan Lentil &<br>Vegetable Soup<br>WW Bread<br>Fresh Orange<br>1% Milk  |
| <b>16</b>   | <b>**17**</b>   | <b>18</b>   | <b>19</b>   | <b>20</b>    |
| <b>Mexican Beef Cocido</b><br><b>Soup</b><br>Beef Broth<br>Mixed Vegetables<br>WG Mini Tortillas (2)<br>Fresh Apple<br>1% Milk        | <b>*St Patrick's Day Menu*</b><br><b>Corned Beef</b><br>Cabbage<br>Whole Baby Potatoes<br>WW Dinner Roll<br>Canned Peaches<br>Pistachio Pudding<br>1% Milk | <b>Cubed Beef</b><br>Pepper Garlic Sauce<br>Carrots<br>Brown Rice<br>Pineapple Chunks<br>1% Milk  | <b>Chicken Breast</b><br>Alfredo Sauce<br>Brussel Sprouts<br>WG TriColor Pasta<br>Butternut Squash Soup<br>Canned Mandarin<br>Orange<br>1% Milk                                       | <b>Baked Tilapia</b><br>Ranchera Sauce<br>Broccoli<br>Mexican Rice<br>WG Tortilla (1)<br>Fresh Orange<br>1% Milk  |
| <b>23</b>   | <b>24</b>   | <b>25</b>   | <b>26</b>   | <b>27</b>    |
| <b>Chicken Strips</b><br>Lemongrass Sauce<br>Oriental Veg Blend<br>Brown Rice<br>Creamy Cauliflower<br>Soup<br>Fresh Apple<br>1% Milk | <b>Salisbury Steak</b><br>Brown Gravy<br>Peas<br>Mashed Potatoes<br>Healing Chicken Rice<br>Soup<br>WW Dinner Roll<br>Canned Apricot<br>1% Milk            | <b>Pork Carnitas</b><br>Salsa Verde<br>Carrots<br>Tomato Cilantro Rice<br>WG Mini Tortillas (2)<br>Canned Mandarin<br>Orange<br>1% Milk   | <b>Turkey Pot Roast</b><br>Mushroom Gravy<br>Capri Veg Blend<br>Rice Pilaf<br>Fresh Apple<br>1% Milk  | <b>Tofu Burrito Bowl</b><br>Pico De Gallo<br>Guacamole<br>Fajita Veg Blend<br>Black Beans<br>Cilantro Lime Rice<br>Fresh Orange<br>1% Milk  |
| <b>30</b>   | <b>31</b>  |   |   |   |
| <b>White Chicken Chili</b><br><b>w/Pinto Beans</b><br>½ Baked Potato<br>WW Dinner Roll<br>w/Smart Balance<br>Canned Pears<br>1% Milk  | <b>Beef Enchilada</b><br><b>Casserole</b><br>Peas & Carrots<br>WW Dinner Roll<br>Fresh Apple<br>1% Milk  |   |   |   |
|   |  | <p><b>Voluntary Contribution - \$3.00</b></p> <p><b>Meal Cost for Under Age 60 - \$5.00</b></p> <p> <b>Meatless Meal</b></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 reasons 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. A 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** - Every Day of the week

**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 and Wednesday

**Fountain Valley** – Monday and Wednesday

**Fullerton** – Every Day of the week

**Garden Grove** – Every Day of the week

**Huntington Beach** – Every Day of the week

**La Habra** – Every Day of the week

**Midway** – Every Day of the Week

**Newport Beach**– 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