

June



Senior Lunch Menu – June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	Beef Cheeseburger Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin 1% Milk	Moroccan Lentil Veg. Soup w/ SF Crackers Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/Smart Balance Diet Pear Crisp 1% Milk	Braised Cubed Beef Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 1% Milk	Egg Drop Soup w/ SF Crackers Vietnamese Chicken Salad WW Dinner Roll w/Smart Balance Sliced Peaches 1% Milk
10	11	12	13	**14**
Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk	Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria (1pk) SF Fruited Gelatin 1% Milk	Ground Turkey Bolognese Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	Baked Tilapia Ranchera Sauce Mexican Rice Broccoli Tortilla SF Pudding Orange Juice 1% Milk	**Father's Day Celebration** Roast Beef Brown Gravy Baked Potato Sour Cream Chef's Cut Veg Blend Parkerhouse Roll w/Smart Balance Chocolate Pudding Cake Diet: Fresh Fruit 1% Milk
17	18	19	**20**	21
Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers (2pk) SF Fruited Gelatin 1% Milk	Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	**1st Day of Summer** Hot Dog Hot Dog Bun Baked Beans Coleslaw Mustard, Ketchup & Relish SF Ice Cream 1% Milk	Vietnamese Diced Chicken Lemongrass Sauce Brown Rice Japanese Veg Blend SF Pudding 1% Milk
24	25	26	27	28
Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches 1% Milk	Vegetable Lasagna 3-Way Tossed Salad Balsamic Dressing Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp 1% Milk	Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice 1% Milk	Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg Mix Tortilla (1) Sour Cream (1pk) SF Ambrosia 1% Milk	Baja Fish Sticks Tacos Black Beans Red & White Cabbage Tortillas (2) Pico de Gallo Pineapple Chunks 1% Milk

Voluntary Contribution - \$3.00

Meal Cost for Under Age 60 - \$5.00

Meatless Meal



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.

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, 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