



Senior Lunch Menu – August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Country Gravy Sweet Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange	2 Spinach & Mushroom Quiche Roasted Red Potatoes Scandinavian Vegetable Blend Blueberry Muffin SF Apple Slices Orange Pineapple Juice	3 Braised Cubed Beef w/ Burgundy Sauce Quinoa Pilaf Squash Medley WW Dinner Roll w/ Promise Tropical Fruit Mix	4 	5
8 Cream of Pumpkin Soup w/ SF Crackers Lemon Quinoa Salad Diced Chicken California Salad WW Dinner Roll w/ Promise SF Pear Crisp	9 Vietnamese Lemongrass Pork Tenderloin Lemongrass Sauce Brown Rice Oriental Vegetable Blend Pineapple Chunks	10 Chicken Breast Florentine On Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Ambrosia	11 	12
15 Beef Enchilada Casserole Corn Capri Vegetables Blend Tropical Fruit Mix	16 Open Faced LS Turkey Sandwich w/ Turkey Gravy on WW Bread Mashed Potatoes Scandinavian Veg Blend Cranberry Sauce Mandarin Orange	17 Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin	18	19
22 SENIOR CENTER	23 CLOSED FOR	24 ANNUAL MAINTENANCE	25	26
29 Vegetarian Lasagna Winter Vegetable Blend Carrot Coins Breadsticks Tropical Fruit	30 Vietnamese Chicken Pineapple Curry Brown Rice Collard Greens Mandarin Orange Cake & Ice Cream	31 Cream of Carrot w/ SF Crackers Moroccan Couscous Salad w/ Diced Chicken Broccoli Pepper Salad WW Dinner Roll w/ Promise Sugar Free Pudding	31 	31 Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal Sodium Content over 1,00 mg

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.

www.MealsOnWheelsOC.org

Congregate Program

Tustin – Mondays, Tuesdays, and Wednesdays
Yorba Linda – Monday, Wednesday, and Friday
Garden Grove – Monday, Wednesday, and Friday
La Habra – Mondays, Wednesdays, and Thursday
Buena Park – Mondays, and Wednesdays
Cypress – Mondays, Wednesdays, and Thursday

Brea – Mondays, Wednesdays, and Thursday
Fullerton – Monday, and Wednesdays
Huntington Beach – Mondays, and Wednesdays