


Senior Lunch Menu – August 2025

Lunch will be served Monday through Friday beginning at 11:30am.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal |  | | | 1 Cubed Beef Pepper Garlic Sauce Sliced Carrots Brown Rice Pineapple Chunks 1% Milk |
| 4 | 5 | 6 | 7 | 8 |
| Pork Carnitas Green Peas Cilantro Lime Rice SF Ambrosia 1% Milk Verde Sauce | Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk | Salisbury Steak Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches 1% Milk | Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk | Chicken Strips Oriental Vegetable Blend Brown Rice Mandarin Orange Lemongrass Sauce 1% Milk |
| 11 | 12 | 13 | 14 | 15 |
| Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk | Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk | Diced Chicken Breast Orange Sauce Oriental Vegetable Blend Rice Pilaf Mandarin Orange 1% Milk | Pork Carnitas Ranchera Sauce Peas & Carrots Cilantro Lime Rice Fresh Orange 1% Milk | LS Chicken Strips Teriyaki Sauce Broccoli Jasmine Rice Canned Peaches Mango Dole Whip 1% Milk |
| 18 | 19 | 20 | 21 | 22 |
| Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk | Turkey Roast Scandinavian Veg Blend Sweet Potatoes Brown Gravy WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk | Cubed Beef Stroganoff Sauce Sliced Carrots Egg Noodles Mandarin Orange 1% Milk | Chicken Meatballs Sweet Citrus Glaze Oriental Vegetable Blend Quinoa Pilaf Chicken Noodle Soup Egg Noodles Fresh Orange 1% Milk | Tinga Chicken California Vegetable Blend Cilantro Lime Rice SF Ambrosia SF Pudding 1% Milk |
| 25 | 26 | 27 | 28 | 29 |
| Diced Chicken Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk | Barbacoa Beef Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk | Tuna Salad Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk | Diced Chicken Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange SF Pudding 1% Milk | Cubed Beef Ranchera Sauce Broccoli & Carrot Brown Rice WG Tortilla Fresh Orange 1% Milk |

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.

www.MealsOnWheelsOC.org

