



**Senior Lunch Menu – June 2025**

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

<b>Monday</b> <b>2</b>	<b>Tuesday</b> <b>3</b>	<b>Wednesday</b> <b>4</b>	<b>Thursday</b> <b>5</b>	<b>Friday</b> <b>6</b>
<b>Diced Chicken</b> Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk	<b>Barbacoa Beef</b> Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk	<b>Tuna Salad</b> Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	<b>Diced Chicken</b> Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange SF Pudding 1% Milk	<b>Cubed Beef</b> Ranchera Sauce Broccoli & Carrot Brown Rice WG Tortilla Fresh Orange 1% Milk
<b>9</b>	<b>10</b>	<b>**11**</b>	<b>12</b>	<b>13</b>
<b>Veggie Egg Salad</b> Corn Tomato Salad w/ Pesto Dressing Moroccan Lentil Veg Soup WW Bread Fresh Orange 1% Milk	<b>Beef Cheeseburger</b> Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	<b>Fathers Days Celebration</b> <b>Chicken Breast</b> Savory Tomato Sauce Peas & Carrots Brown Rice Tropical Fruit Mix 1% Milk	<b>Pork Loin</b> Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Mandarin Orange 1% Milk	<b>Roast Beef</b> Baby Baked Potatoes Broccoli W Dinner Roll Canned Pears Brown Gravy Raspberry Double Chocolate Cake Cup 1% Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>**20**</b>
<b>Tarragon Chicken</b> <b>Salad w/Yogurt</b> <b>Dressing</b> Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>Mexican Beef Cocido</b> <b>Soup</b> Beef Cubes Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	<b>Turkey Bolognese</b> Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>First day of summer special menu</b> <b>Hamburger</b> Coleslaw Salad French Fries WG Hamburger Bun Pineapple Chunks Mustard Ketchup Sliced Tomato (1) Lettuce Ice Cream Cup 1% Milk
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Pork Carnitas</b> Green Peas Cilantro Lime Rice SF Ambrosia 1% Milk Verde Sauce	<b>Chicken Pasta w/Poppy</b> <b>Seed Dressing</b> Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	<b>Salisbury Steak</b> Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches 1% Milk	<b>Turkey Roast</b> Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	<b>Chicken Strips</b> Oriental Vegetable Blend Brown Rice Mandarin Orange Lemongrass Sauce 1% Milk
<b>30</b>	<b>Voluntary Contribution</b> <b>- \$3.00</b>  <b>Meal Cost for Under</b> <b>Age 60 - \$5.00</b>  <b>Meatless Meal</b>			
<b>Chicken Salad w/Citrus</b> <b>Dressing</b> California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 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. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.