



**Senior Lunch Menu – April 2026**

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Diced Chicken</b> Orange Sauce Egg Drop Soup Oriental Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	<b>2</b> <b>Ground Beef</b> Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	<b>3</b> <b>Colorful Frittata</b> Apple Chicken Sausage(2) Spring Mix w/Balsamic Dressing Roasted Potatoes WW Dinner Roll Tortilla Soup Strawberry Cheesecake Cup Fresh Apple 1% Milk
		<b>6</b> <b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	<b>7</b> <b>Roast Turkey</b> Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	<b>8</b> <b>Cubed Beef</b> Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk 
<b>13</b> <b>Chicken Breast</b> Parmesan/Sundried Tomato Tri-Color Pasta Peas & Carrots Tropical Fruit Cocktail 1% Milk	<b>14</b> <b>Barbacoa Beef</b> Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>15</b> <b>Tuna Salad</b> Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	<b>16</b> <b>Chicken Breast</b> Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	<b>17</b> <b>Cubed Beef</b> Stroganoff Sauce Egg Noodle Carrots Creamy Mushroom Soup Canned Apricot 1% Milk
<b>20</b> <b>Veggie Egg Salad</b> Roasted Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	<b>21</b> <b>Pork Loin</b> Sweet Citrus Glaze Mixed Vegetables Quinoa Pilaf Canned Mandarin Orange 1% Milk	<b>22</b> <b>Chicken Breast</b> Florentine Sauce Peas & Carrots Brown Rice Cream of Spinach Soup Tropical Mixed Fruit 1% Milk	<b>23</b> <b>Beef Cheeseburger</b> Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	<b>24</b> <b>Chicken Strips</b> Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk
<b>27</b> <b>Mexican Beef Cocido Soup</b> Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	<b>28</b> <b>Turkey Bolognese</b> Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	<b>29</b> <b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	<b>30</b> <b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>

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. 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.