

HELLO
January



Senior Lunch Menu – Multicultural

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

Our lives
begin to end the day we
become silent about things
that matter
Martin Luther King Jr.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Voluntary Contribution - \$3.00</p> <p>Meal Cost for Under Age 60 - \$5.00</p> <p>✓ Meatless Meal</p>			1	2
5	6	7	8	9
White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	Diced Chicken Orange Sauce Egg Drop Soup Oriental Vegetable Blend Brown Rice Canned Mandarin Orange 1% Milk	Ground Beef Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	Fish Sticks Taco Pico de Gallo Tortilla Soup Red & White Cabbage Black Beans Lemon Slice WG Tortillas (2) Canned Peaches 1% Milk
12	13	14	15	**16**
Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	Turkey Roast Brown Gravy Lentil Soup Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	Baked Tilapia Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	*Martin Luther King Jr Menu* BBQ McRib w/BBQ Sauce Baked Beans Collard Greens Chicken Noodle Soup Parkerhouse Roll SF Cake Fresh Orange 1% Milk
19	20	21	22	23
	Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	Cubed Beef Stroganoff Sauce Egg Noodle Creamy Mushroom Soup Carrots Canned Apricot 1% Milk
26	27	28	29	30
Veggie Egg Salad Baked Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	Pork Loin Sweet Citrus Glaze 5-way Mixed Veg Quinoa Pilaf Canned Mandarin Orange 1% Milk	Chicken Breast Florentine Sauce Peas & Carrot Cream of Spinach Soup Brown Rice Tropical Fruit Mixed 1% Milk	Beef Cheeseburger Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	Chicken Strips Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk
<p>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.</p>				
www.MealsOnWheelsOC.org				