



Senior Lunch Menu – May 2026

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 Chicken Breast Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk
4 Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	**5** *Cinco De Mayo Menu* Chicken Tinga Sour Cream (1pk) Black Beans Mexican Rice Tortillas (2) Flan Cup Fresh Orange 1% Milk	6 Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	7 Turkey Pot Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	8 Chicken Cordon Bleu Rice Pilaf Carrots Tiramisu Cup Fresh Orange 1% Milk
11 White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	12 Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	13 Diced Chicken Orange Sauce Egg Drop Soup Oriental Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	14 Ground Beef Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	15 Fish Tacos Pico de Gallo Tortilla Soup Red & White Cabbage Black Beans Lemon Slice WG Tortillas (2) Canned Peaches 1% Milk
18 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk 	19 Roast Turkey Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	20 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk 	21 Baked Tilapia Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	**22** *Memorial Day Menu* BBQ McRib w/BBQ Sauce Corn and Carrots Brown Rice Chicken Noodle Soup Red Velvet Cake Fresh Orange 1% Milk
25 	26 Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	27 Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	28 Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	29 Cubed Beef Stroganoff Sauce Egg Noodles Carrots Creamy Mushroom Soup Canned Apricot 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. Par 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.