



Senior Lunch Menu – October 2025

Multi-Cultural GARDEN GROVE C1

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 Carrots Brown Rice Canned Pineapple Chunks 1% Milk	2 Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	3 Chicken Breast Alfredo Sauce Brussel Sprouts Butternut Squash Soup WG Tri Color Pasta Canned Mandarin Orange 1% Milk
6	7	8	9	10
Chicken Strips Lemongrass Sauce Creamy Roasted Cauliflower Soup Oriental Vegetable Blend Brown Rice Fresh Apple 1% Milk	Tofu Burrito Bowl Pico De Gallo Guacamole Fajita Blend Black Bean Cilantro Lime Rice Fresh Orange 1% Milk	Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	Salisbury Steak Brown Gravy Peas Healing Chicken Rice Soup Mashed Potatoes WW Dinner Roll Canned Apricot 1% Milk
13	14	15	16	17
White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Beef Enchilada Casserole Peas and 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 w/Parmesan Cheese 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
20	21	22	23	24
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 Canned 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	Chicken Meatballs Brown Gravy Chicken Noodle Soup Mashed Potatoes Peas WW Dinner Roll Fresh Orange 1% Milk
27	28	29	30	**31**
Vietnamese Chicken Salad 6OZ Edamame 2OZ WW Dinner Roll (2) w/ Smart Balance 1EA IW Peaches 4OZ 1% Milk 1 EA 	Pork Taco Bowl (Pulled Pork 2oz, Pinto Beans 2oz, Corn 2oz, Feta Cheese 1.5oz) Spring Mix 2oz Brown Rice 4oz Cilantro Lime Dressing 1oz & Sour Cream 1oz Fresh Orange 1ea 1% Milk 1each 	Cranberry Basil Chicken Salad 4oz Asian Cucumber Salad 5oz Spring Mix 2oz WW Dinner Roll (2) w/ Smart Balance 1ea IW Tropical Fruit Mix 4oz 1% Milk 1each 	Chef's Salad (Sliced Turkey 2oz, Peppers 1oz, Corn 1oz, Carrots 1oz, Cucumber 1oz, Feta Cheese 1.5 oz) Spring Mix 2oz WW Dinner Roll (2) w/ Smart Balance 1ea Homemade Ranch Dressing 1oz Fresh Apple 1each 1% Milk 1each 	Greek Quinoa Chicken Salad w/ Balsamic Dressing 6oz Spring Mix 2oz Cherry Tomato 2oz WW Crackers (4pk) Balsamic Vinaigrette Dressing 0.5oz IW Peaches 4oz 1% Milk 1each

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.