



Senior Lunch Menu – March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 hello, Spring	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg. Salad SF Apple Crisp	2	3 Cream of Carrot Soup w/ SF Crackers Mexican Tuna Salad Barley Mango Salad WW Dinner Roll w/ Promise Pineapple Chunks
		6 Barbacoa Beef Black Bean & Corn Salad Mexican Rice Tortilla SF Fruited Gelatin	7	** 8 ** National Nutrition Month Celebration Baked Salmon w/ Mango Salsa Rice Pilaf Oriental Veg. Blend BYO: Yogurt Parfait (Low-fat Yogurt w/ Mixed Fruit & Honey Graham Crackers)
13 Vegetarian Lasagna Succotash Carrots SF Crackers Ambrosia 	14	15 Turkey White Bean Chili Mixed Vegetables Peas & Carrots Cornbread w/ Promise Pineapple Tidbits	16	** 17 ** St. Patrick's Day Corned Beef & Cabbage Whole Baby Potatoes Carrots WW Dinner Roll w/ Promise SF Pistachio Pudding
20 Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Promise SF Apple Crisp	21	22 Beef Stew Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/ Promise Tropical Fruit Mix	23	24 Moroccan Lentil Soup w/ SF Crackers Crab & Veggie Salad Summer Rainbow Quinoa Salad Ambrosia
27 Cream of Butternut Squash w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	28	29 Chicken Breast Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/ Promise SF Cookie	30	31 Breaded Baked Fish Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia

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 reason 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.

www.MealsOnWheelsOC.org



Congregate Program

Abrazar Inc – Every Day of the Week

Anaheim West - Tuesday, Wednesdays, and Thursday

Brea – Mondays, Tuesday, Wednesdays, and Thursday

Buena Park – Mondays, Tuesday, Wednesdays, and Thursday

Costa Mesa - Mondays, Tuesday, Wednesdays, and Thursday

Cypress – Mondays, Tuesday, Wednesdays, and Thursday

Fountain Valley – Tuesday & Thursday

Fullerton – Mondays, Tuesday, Wednesdays, and Thursday

Garden Grove – Monday, Tuesday, Wednesdays, and Friday

Huntington Beach – Mondays, Wednesdays, and Friday

La Habra – Every Day of the week

Midway – Every Day of the Week

North Seal Beach – Every Day of the week

Orange – Every Day of the week

Santa Ana – Every Day of the week

Southwest – Every Day of the week

Stanton – Mondays, Tuesday, Wednesdays, and Thursday

Tustin – Every Day of the Week

Westminster – Every Day of the week

Yorba Linda – Every Day of the week