



Senior Lunch Menu – May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	**5**
Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Vegetable Blend WW Dinner Roll w/Smart Balance SF Apple Crisp		Beef Stew Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/Smart Balance Tropical Fruit Mix		**Cinco De Mayo** Carnitas Tacos w/ Pico De Gallo Spanish Rice Black Beans Tortillas (2) Rice Pudding Diet: Fresh Fruit
8	9	10	11	**12**
Cream of Butternut Squash w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange		Chicken Breast Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/Smart Balance SF Cookie		**Mother's Day** Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Dinner Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit
15	16	17	18	19
Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese SF Fruited Gelatin		Turkey Shepherd's Pie Green Beans Zucchini Medley WW Dinner Roll w/Smart Balance SF Custard		Vietnamese Chicken Strips w/Lemongrass Sauce Brown Rice Japanese's Vegetables Blend Mandarin Orange
22	23	24	25	**26**
Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/Smart Balance Canned Peaches		Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp		**Memorial Day Celebration** BBQ McRib Mashed Potatoes Carrots Cornbread w/Smart Balance Apple Pie Diet: Fresh Fruit
29	30	31		
		Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/Smart Balance Canned Pears	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	

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.