

# Senior Cafe December Menu

**Donation based for those 60 and older, no reservations required, check in prior to 11:15am encouraged**  
**For information call the senior café office at 714-375-8404**

| Monday   | Tuesday  | Wednesday  | Thursday | Friday   |
|--|--|--|----------|--|
|  |  |  |          | 1  |
| <p><b>Voluntary Contribution - \$3.00</b></p> <p><b>Meal Cost for Under Age 60 - \$5.00</b></p> <p style="color: green;"><b>Meatless Meal</b></p>  |  |  |          | <p><b>Fish Tacos</b><br/>                     Black Beans<br/>                     Red &amp; White Cabbage<br/>                     Corn Tortillas (2)<br/>                     Pico de Gallo<br/>                     Pineapple Chunks</p>  |
| 4  | 5  | 6  | 7        | 8  |
| <p><b>Vietnamese Caramel Pork</b><br/>                     Caramel Sauce<br/>                     Jasmine Rice<br/>                     Broccoli<br/>                     Seasonal Fresh Fruit</p>   |  | <p><b>Macaroni &amp; Cheese</b><br/>                     Diced Tomatoes<br/>                     Carrots<br/>                     ✓ Breadstick (1 pk)<br/>                     SF Apple Crisp<br/>                     Orange-Pineapple Juice</p>                                      |          | <p><b>Tortilla Soup w/ SF Crackers</b><br/>                     Chicken Tinga<br/>                     Cilantro Lime Rice<br/>                     California Veg Blend<br/>                     Tortilla<br/>                     SF Ambrosia</p>   |
| 11   | 12   | 13   | 14       | 15   |
| <p><b>Chicken Breast Parmesan &amp; Sundried Tomato Sauce</b><br/>                     Tri-Color Pasta<br/>                     Mixed Veg Blend<br/>                     WW Dinner Roll<br/>                     w/ Smart Balance<br/>                     Mandarin Orange</p> |  | <p><b>Split Pea Soup w/ SF Crackers</b><br/>                     Provençal Tuna Salad<br/>                     Sunshine Gelatin Salad<br/>                     WW Dinner Roll<br/>                     w/ Smart Balance<br/>                     Fresh Apple</p>                       |          | <p style="color: red;"><b>Holiday Celebration</b><br/> <b>Chicken Cordon Bleu</b><br/>                     Scalloped Potatoes<br/>                     Chefs Cut Veg Blend<br/>                     Parkerhouse Roll<br/>                     w/ Smart Balance<br/>                     Assorted Cake<br/>                     Diet: Fresh Fruit</p>                         |
| 18   | 19   | 20   | 21       | 22   |
| <p><b>Chicken Torta Sandwich</b><br/>                     (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes)<br/>                     Mayonnaise (1pk)<br/>                     Telera Roll<br/>                     🍌 Tropical Fruit Mix</p>                   |  | <p><b>Moroccan Lentil Veg. Soup w/ SF Crackers</b><br/>                     Veggie Egg Salad<br/>                     Barley Mushroom Salad<br/>                     WW Mini Blueberry Muffin<br/>                     w/ Smart Balance<br/>                     ✓ Diet Pear Crisp</p> |          | <p style="color: red;"><b>1<sup>st</sup> Day of Winter</b><br/> <b>Beef Pot Roast</b><br/>                     Mashed Potatoes<br/>                     w/ Mushroom Gravy<br/>                     Carrots<br/>                     Dinner Roll<br/>                     w/ Smart Balance<br/>                     Cheesecake<br/>                     Diet: Fresh Fruit</p> |
| 25   | 26   | 27   | 28       | 29   |
| CLOSED   | CLOSED   | CLOSED   | CLOSED   | CLOSED   |



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.