

Senior Cafe 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


HELLO
January

MEALS
on WHEELS
 ORANGE COUNTY
Senior Lunch Menu – January 2024

Our lives
 begin to end the day we
 become silent about things
that matter

Martin Luther King Jr.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
		Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/ Smart Balance Canned Pears		Vietnamese Diced Chicken Lemongrass Sauce Brown Rice Japanese Vegetable Blend SF Pudding
8	9 ✓	10	11	**12**
Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/ Smart Balance Canned Peaches		Chinese Orange Chicken Orange Sauce Brown Rice Spinach Orange Juice SF Pudding		"MLK Day Celebration" BBQ McRib on French Roll BBQ Sauce (1pk) Baked Beans Collard Greens Apple Pie Diet: Fresh Fruit
15	16 ✓	17	18	19
		Turkey Pot Roast Brown Gravy Mashed Potatoes Green Beans SF Fruited Gelatin		Tortilla Soup w/ SF Crackers Chicken Tinga Cilantro Lime Rice California Veg Blend Tortilla SF Ambrosia
22	23	24	25	26
Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange		Split Pea Soup w/ SF Crackers Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple		Cubed Beef w/Ranchera Sauce Mexican Rice Pinto Beans Tortilla Pico de Gallo Canned Apricot
29	30	31 ✓	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 ✓ Meatless Meal	
Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix		Moroccan Lentil Veg. Soup w/ SF Crackers Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp		

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