


# 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**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>	<b>1</b>  <b>Cheese Tortellini w/ Marinara Sauce</b> Broccoli Capri Vegetable Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) SF Ambrosia 1% Milk
<b>4</b> <b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>5</b>	<b>6</b> <b>Split Pea Soup w/ SF Crackers</b> Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	<b>7</b>	<b>**8**</b> <i>*National Nutrition Month Celebration*</i> <b>Baked Salmon w/ Mango Salsa</b> Rice Pilaf Broccoli Yogurt Parfait Topped w/ Granola Diet: Fresh Fruit 1% Milk 
<b>11</b> <b>Chicken Torta Sandwich</b> (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	<b>12</b>	<b>13</b> <b>Braised Cubed Beef</b> Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 1% Milk	<b>14</b>	<b>**15**</b> <i>*St Patrick's Day Celebration*</i> <b>Corned Beef &amp; Cabbage</b> Whole Baby Potatoes Carrots WW Dinner Roll w/ Smart Balance Pistachio Pudding Fresh Fruit 1% Milk 
<b>18</b> <b>Cream of Spinach Soup w/ SF Crackers</b> Tarragon Chicken Salad w/ Yogurt Dressing Lemon Orzo Salad Mandarin Orange 1% Milk	<b>19</b>	<b>20</b> <b>Ground Turkey Bolognese</b> Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	<b>21</b>	<b>22</b> <b>Purchase \$6.00 Tickets at the front desk.</b> 
<b>25</b> <b>Pork Chile Verde</b> Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	<b>26</b>	<b>27</b>  <b>Spinach &amp; Mushroom Quiche</b> Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/ Smart Balance Canned Pears 1% Milk	<b>28</b>	<b>**29**</b>  <i>*Eggstravaganza Celebration*</i> <b>Colorful Frittata</b> 3-Way Salad Balsamic Dressing Roasted Potatoes WW Dinner Roll w/ Smart Balance Festive Dessert Diet: Fresh Fruit 1% Milk

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. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.