



# 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   |
|---|---|---|----------|--|
| <br>6  | Voluntary Contribution - \$3.00<br><br>Meal Cost for Under Age 60 - \$5.00<br><br>✓ Meatless Meal | 1<br><br><b>Ground Turkey Bolognese</b><br>Bow Tie Pasta<br>Italian Veg Blend<br>WW Dinner Roll w/Smart Balance<br>Parmesan Cheese (1pk)<br>Tropical Fruit Mix<br>1% Milk | 2        | **3**<br><br>**Cinco de Mayo Celebration**<br><b>Chicken Tamale</b><br>Mexican Cheese Gamish<br>Black Beans<br>Fajita Veg Mix<br>Rice Pudding<br>Diet: Fresh Fruit                   |
|   | 7   | 8 ✓   | 9        | **10**<br><br>**Mother's Day Celebration**<br><b>Chicken Cordon Bleu</b><br>Rice Pilaf<br>Chef's Cut Vegetables<br>WW Dinner Roll w/Smart Balance<br>Lemon Cake<br>Diet: Fresh Fruit |
| 13<br><br><b>Pork Chile Verde</b><br>Verde Sauce<br>Pinto Beans<br>Peas & Carrots<br>Tortilla<br>Tropical Fruit Mix<br>1% Milk                                      | 14 ✓  | 15<br><br><b>Spinach &amp; Mushroom Quiche</b><br>Roasted Potatoes<br>Broccoli & Cauliflower<br>WW Dinner Roll w/Smart Balance<br>Canned Pears<br>1% Milk                 | 16       | 17<br><br><b>Baja Fish Sticks Tacos</b><br>Black Beans<br>Red & White Cabbage<br>Tortillas (2)<br>Pico de Gallo<br>Pineapple Chunks<br>1% Milk                                       |
| 20<br><br><b>Mexican Corn Soup w/SF Crackers</b><br>Signature Chicken Salad<br>Barley Mushroom Salad<br>WW Dinner Roll w/Smart Balance<br>Canned Peaches<br>1% Milk | 21  | 22 ✓<br><br><b>Chinese Orange Chicken</b><br>Orange Sauce<br>Brown Rice<br>Spinach<br>SF Pudding<br>Orange Juice<br>1% Milk   | 23       | **24**<br><br>**Memorial Day Celebration**<br><b>BBQ McRib</b><br>BBQ Sauce<br>Mashed Potatoes<br>Carrots<br>Cornbread w/Smart Balance<br>Apple Pie<br>Diet: Fresh Fruit             |
| 27<br><br><br><b>MEMORIAL DAY</b><br>IN HONOR OF OUR HEROES                      | 28  | 29<br><br><b>Split Pea Soup w/ SF Crackers</b><br>Mexican Tuna Salad<br>Sunshine Gelatin Salad<br>WW Dinner Roll w/ Smart Balance<br>Fresh Apple<br>1% Milk               | 30       | 31<br><br><b>Cubed Beef</b><br>Ranchera Sauce<br>Mexican Rice<br>Pinto Beans<br>Tortilla (1)<br>Pico de Gallo<br>Canned Apricot<br>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.