



Senior Lunch Menu – August 2024

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>Diced Chicken Breast</b> Sweet & Sour Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	<b>2</b> <b>Cubed Beef</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk
		<b>5</b> <b>Chicken Breast</b> Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>6</b> <b>Beef Cheeseburger</b> Swiss Cheese Fiesta Corn & Bell Pepper Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Pineapple Chunks 1% Milk	<b>7</b> <b>Veggie Egg Salad</b> California Salad Moroccan Lentil Veg Soup Spring Mix WW Bread w/Smart Balance Fresh Orange 1% Milk
<b>12</b> <b>Tarragon Chicken Salad w/Yogurt Dressing</b> Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>13</b> <b>Mexican Beef Cocido</b> Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	<b>14</b> <b>Turkey Bolognese</b> Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>15</b> <b>Baked Tilapia</b> Ranchera Sauce Broccoli WG Tortilla (1) SF Pudding Orange Juice 1% Milk	<b>**16**</b> <b>**Hawaiian Luau**</b> <b>Chicken Strips</b> Teriyaki Sauce Jasmine Rice Pineapple Coleslaw Salad Coconut Iced Cake Diet: Fresh Fruit
<b>19</b> <b>Pork Carnitas</b> Verde Sauce Green Peas Cilantro Lime Rice WG Tortilla (1) RS Ambrosia 1% Milk	<b>20</b> <b>Chicken Pasta w/Poppy Seed Dressing</b> Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	<b>21</b> <b>Salisbury Steak</b> Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk	<b>22</b> <b>Roast Turkey</b> Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>23</b> <b>Diced Chicken</b> Lemongrass Sauce Oriental Veg Blend Brown Rice Tropical Fruit Mix 1% Milk
<b>26</b> <b>Chicken Salad w/Citrus Dressing</b> California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>27</b> <b>Vegetable Lasagna</b> Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>28</b> <b>Diced Chicken Breast</b> Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll Tropical Fruit Mix 1% Milk	<b>29</b> <b>Pork Carnitas</b> Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>30</b> <b>Fish Sticks Taco</b> Red & White Cabbage Black Beans WG Mini Tortillas (2) Pineapple Chunks 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.