

Arrive by 11:15.
Lunch served 11:30a-12p.



Registration required.
Questions, call 714-375-8404.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Diced Chicken Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	3 Barbacoa Beef Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk	4 Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	5 Diced Chicken Breast Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	6 Cubed Beef Ranchera Sauce Broccoli Mexican Rice WG Tortilla Fresh Orange 1% Milk
9 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	10 Beef Cheeseburger Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	11 ✓ Veggie Egg Salad on Spring Mix California Veg Blend Moroccan Lentil Veg Soup WW Bread w/Smart Balance Fresh Orange 1% Milk	12 Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	**13** 📢 Winter Celebration Chicken Cordon Bleu Baby Whole Potatoes Chefs Cut Veg Blend Parkerhouse Roll w/ Smart Balance Red Velvet Cake Diet: Fresh Fruit 1% Milk
16 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	17 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	18 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	19 Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) SF Pudding Orange Juice 1% Milk	**20** 📢 Holiday Luncheon HBCOA SPONSORED RESERVATION REQUIRED Please Call 714-375-8404
23	24	25	26	27



Voluntary Contribution - \$3.00

Meal Cost for Under Age 60 - \$5.00

✓ Meatless Meal

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 serve 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.