

September



Senior Lunch Menu – September 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | | Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal | 1 Look forward to seeing you beginning the week of September 12 th at 11:30 a.m. | **2** Happy Labor Day Weekend!!! Look forward to seeing you beginning the week of September 12 th at 11:30 a.m. |
| | | 5 | 6 Look forward to seeing you beginning the week of September 12 th at 11:30 a.m. | 7 Look forward to seeing you beginning the week of September 12 th at 11:30 a.m. |
| 12 In person dining is back!! Chicken Breast Apricot Sauce Mashed Potatoes Mixed Vegetable Blend SF Cake Fresh Orange | 13 Salisbury Steak Country Gravy Sweet Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange | 14 Spinach & Mushroom Quiche Roasted Red Potatoes Scandinavian Vegetable Blend Blueberry Muffin SF Apple Slices Orange Pineapple Juice | **15** "The Country HoeDown Celebration" Chili Dog On WW Bun Baked Redskin Potatoes Mixed Vegetables Pineapple Chunks | 16 Moroccan Lentil Soup w/ SF Crackers Mediterranean Chickpea Salad Tuna Salad w/ Yogurt Dressing WW Dinner Roll w/ Promise Ambrosia |
| 19 Vietnamese Lemongrass Pork Tenderloin Lemongrass Sauce Brown Rice Oriental Vegetable Blend Pineapple Chunks | 20 Cream of Pumpkin Soup w/ SF Crackers Lemon Quinoa Salad Diced Chicken California Salad WW Dinner Roll w/ Promise SF Pear Crisp | 21 Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Ambrosia | 22 **First Day of Autumn Celebration** Beef Stew Yellow Squash & Cauliflower Cornbread Muffin w/Promise Brownie Diet: Fresh Fruit | 23 Chicken Meatballs w/ Mushroom Sauce Mashed Potatoes Winter Vegetable Blend SF Custard |
| 26 Chicken Strips w/ Honey Mustard Sauce Wild Rice Broccoli Fresh Banana | 27 Beef Enchiladas Casserole Corn Capri Vegetables Blend Tropical Fruit Mix | 28 Open Faced LS Turkey Sandwich w/ Turkey Gravy on WW Bread Mashed Potatoes Scandinavian Veg Blend Cranberry Sauce Mandarin Orange | 29 Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin | 30 Macaroni & Cheese Stewed Tomatoes Succotash Breadsticks Promise Ambrosia |

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