


July 2025 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ancho Lime Chicken Cilantro Rice Corn Orange	2 Ham & Cheese Sandwich Potato Salad Baby Carrots Apple Sauce	3 Chili Con Carne Steamed Cauliflower Wheat Bread Pear	4  Closed
7 Chicken Parmesan Pasta California Vegetables Banana	8 Sweet & Sour Meatballs Steamed Rice Broccoli Apple	9 Chef's Salad Eggs, Tomato, Cheese Wheat Roll Orange	10 Pork Chop with Salsa Verde Spanish Rice Mixed Vegetables Apple Sauce	11 Italian Chicken Salad Cheese, Tomatoes, and Garbanzo Beans Pear
14 Chicken Teriyaki Brown Rice Asian Vegetable Blend Apple	15 Ranch Steak Mashed Potatoes Peas & Carrots Banana	16 Turkey Sandwich Macaroni Salad Celery Sticks Orange	17 Meat Lasagna (Beef) Brussels Sprouts Apple Sauce	18 Egg Salad Sandwich Cucumber Salad Pear
21 BBQ Chicken Sweet Potatoes Spinach Banana	22 Spaghetti & Meat Sauce California Vegetables Apple	23 Chicken Caesar Salad with Cucumbers and Egg Wheat Roll Orange	24 Chicken Fajitas Onions & Peppers Spanish Rice Apple Sauce	25 Roast Beef Sandwich Potato Salad Pear
28 Chicken Stir-Fry Steamed Rice Broccoli Banana	29 Beef Birria Cilantro Rice Baja Vegetables Apple	30 Tuna Sandwich Cucumber Salad Orange	31 Ham with Pineapple Sauce Sweet Mashed Potatoes Brussels Sprouts Apple Sauce	

Milk served at every meal



Indicates sodium above 760mg per meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

Congregate Site Reservations must be made by 1:30 pm the business day before

Corona Snr Ctr 951-739-4966
Mead Valley 951-210-1587
Stratton 951-826-5355

Good Hope 951-943-9126
Murrieta 951-461-6122
Temecula 951-694-6464

Janet Goeske 951-351-8801
Norco 951-270-5647
Villegas 951-351-6142

Lake Elsinore 951-674-2526



All Meals Funded By Office On Aging 1-877-932-4100