

July 2026 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Taco Salad Tomatoes, Cheese and Chips Black Beans Mandarin Oranges	2 Sesame Chicken Steamed Rice Asian Vegetable Blend Apple 	3  CLOSED
6 Sun Dried Tomato Chicken Penne Pasta California Vegetables Orange	7 Roasted Beef Mashed Potatoes Carrots Banana	8 Pork Loin with Adobo Sauce Oregano Potatoes Brussels Sprouts Pear	9 Baked Pasta with Chicken Broccoli Orange	10 Chef Salad Turkey, Egg, Tomato Wheat Roll Pineapple
13 Chicken Marsala Rice Pilaf Spinach Apple	14 Swedish Meatballs Roasted Potatoes Mixed Vegetables Banana	15 Turkey Sandwich Macaroni Salad Baby Carrots Orange	16 Orange Chicken Brown Rice Green Peas Pear	17 BBQ Chicken Sandwich Baked Beans Broccoli Apple
20 Chicken Teriyaki Steamed Rice Asian Vegetables Banana	21 Salisbury Steak Mashed Potatoes Mixed Vegetables Orange	22 Chicken Fajitas Black Beans Baja Vegetables Pear	23 Meatballs in Marinara Spaghetti Cauliflower Banana	24 Turkey Spinach Salad Wheat Roll Apple Sauce
27 Italian Sausage & Peppers Pasta Italian Vegetables Apple 	28 Beef Picadillo Cilantro Rice Baja Vegetables Banana	29 Mandarin Chicken Salad Mandarin Oranges Wheat Roll	30 Ground Pork Stir-Fry Brown Rice Broccoli Pear	31 Egg Salad Sandwich Baby Carrots Orange

Milk served at every meal



Indicates sodium above 1,000mg 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.

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Mead Valley 951-210-1587
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