



hello July



Asian Home Delivered Meals July Menu 2024

Table with 5 columns (Monday-Friday) and 6 rows of meal options. Includes items like Bagel w/ Cream Cheese, Hardboiled Egg, Raisin Bran, Pulled Pork w/ BBQ Sauce, Omelet, etc. Includes a '4th of July' graphic on Thursday 11th.

Voluntary Contribution \$5.25 per day

www.MealsOnWheelsOC.org

TURN OVER [arrow]



## Asian Home Delivered Meals July Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2) <hr/> Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Bread w/ Smart Balance IW Pear Cup <hr/> Fish in Tomato Sauce Rice Pilaf Stir-Fried Gai Lan Chopped Green Onions RS Pear Crisp	Oatmeal w/ Raisin Box Granola Honey Bar FF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Couscous w/ Feta Cheese Salad Tomato & Zucchini WW Dinner Roll w/ Smart Balance RS Apple Crisp <hr/> Lemongrass Chicken Jasmine Rice Green Beans WW Dinner roll w/Smart Balance Almond Cookie Chopped Parsley	Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly 1% Milk (2) & Orange Juice <hr/> Thai Citrus Crunch Salad w/ Roast Beef Carrifruit WW Dinner Roll w/ Smart Balance Fresh Apple <hr/> Chicken in Tamarind Jasmine Rice Stir-Fried Broccoli Mandarin Orange Sesame Seeds	Raisin Bran FF Yogurt 1% Milk (2) & Orange Pineapple Juice <hr/> Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix Lemony Lentil Salad Tortilla Strips IW Pineapple Tidbits Cilantro Lime Dressing <hr/> Stir-Fried Chicken with Vegetables Fried Rice w/ Pineapple Squash Medley SF Ambrosia	WG Waffle Smart Balance & SF Syrup FF Yogurt 1% Milk (2) & Orange Juice <hr/> Poppy Seed Chicken Pasta Salad Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange <hr/> Beef Ragout Stir Fry Bok Choy w/ Oyster Sauce Carrots WW Dinner Roll w/ Smart Balance SF Cake
<b>29</b>	<b>30</b>	<b>31</b>		
Hardboiled Egg WW Bread w/ Smart Balance SF Jelly 1% Milk (2) & Orange Pineapple Juice <hr/> Signature Chicken Salad Black Beans & Corn WW Dinner Roll w/ Smart Balance SF Cake <hr/> Sliced Beef w/ Snow Peas Jasmine Rice Stir-Fry Gai Lan SF Fruited Gelatin Chopped Red Pepper	Cottage Cheese WW Bread 1% Milk (2) & Orange Juice Peanut Butter/ SF Jelly <hr/> Provencal Tuna Salad Herbed Farro w/ Nuts, Feta & Cucumber WW Dinner Roll w/ Smart Balance IW Mandarin Orange <hr/> Chicken w/ Kung Pao Sauce Pan Fried Noodles Green Beans RS Apple Crisp	Raisin Bran FF Yogurt 1% Milk (2) & Orange Juice <hr/> Meatloaf Sandwich Spring Mix Carrot Raisin Salad WG Hamburger Bun Mayonnaise & Mustard Pineapple Tidbits <hr/> Chicken w/ Orange Sauce Jasmine Rice Stir-Fry Bok Choy Almond Cookie		

The project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. All Meals comply with the Dietary Guidelines for Americans (DGA) 2020 - 2025 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. The voluntary contribution is \$5.25 per day. Weekly average meals provide >1600 calories. Sodium is analyzed daily to not exceed 2300mg. Any meals that exceed 2300mg of sodium are indicated with a saltshaker icon. Please note condiments are not analyzed and may increase sodium. Special meals are indicated with \*\*, sodium may exceed 2300 mg on these days.