





Asian Home Delivered Meals July Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Bagel w/ Cream Cheese FF Yogurt	Hardboiled Egg FF Yogurt	Raisin Bran Granola Honey Bar	***CLOSED*** Pulled Pork w/ BBQ Sauce	Omelet WW Bread w/Smart Balance & SF Jelly
Orange-Pineapple Juice & 1% Milk (2)	WG Blueberry Muffin w/Smart Balance	FF Yogurt	WG Bun	Orange Juice & 1% Milk (2)
Tuscan Tuna & White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance SF Ambrosia	Orange Juice & 1% Milk (2) Herbed Farro Salad w/Nuts, Feta & Cucumber Barley, Corn & Mango Salad WW Bread w/Smart Balance	Orange Pineapple Juice & 1% Milk (2) Chickpea Egg Salad Spring Mix Carrot Raisin Salad	Baked Beans Broccoli Apple Pie& Diet Fresh Fruit 1% Milk	Chicken Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple
Chicken w/ Rice Noodles & Vegetables Stir Fried Bok Choy w/ Oyster Sauce WW Dinner Roll w/ Smart Balance SF Cake	Mandarin Orange Baked Fish Lemongrass Sauce Pan Fried Noodles Braised Mushroom w/ Tofu WW Dinner Roll w/ Smart Balance Chopped Cilantro SF Fruited Gelatin	WW Dinner Roll w/Smart Balance SF Pear Crisp Chicken in Turmeric Peanut Sauce Rice Pilaf Green Beans Chopped Green Onions Almond Cookie	*4TH** *JUUY2**	Vietnamese Beef Curry Jasmine Rice Sliced Carrots Chopped Onions WW Dinner Roll w/ Smart Balance RS Pear Crisp
8	9	10	11	12
Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2)	Hard Boiled Egg FF Yogurt Granola Honey Bar	Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)	All Bran FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WG Waffle FF Yogurt Smart Balance & SF Syrup
Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers (1pk) IW Tropical Fruit Mix	Orange-Pineapple Juice & 1% Milk (2) Shredded Pork Taco (Shredded Pork, Pinto Beans, Corn & Cheese) Mexican Quinoa Salad	Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie	Pasta w/Butternut Squash & Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance IW Peach Cup	Orange Juice & 1% Milk (2) Sliced Turkey w/ Hummus. Corn, Lima Beans & Tomato Salad WW Bread
Tofu & Pork in Caramel Sauce Brown Rice Carrots WW Dinner Roll w/ Smart Balance SF Pear Crisp	Tortilla (2) Fresh Orange Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Squash Medley Sesame Seeds SF Cake	Curry Chicken Jasmine Rice Stir Fry Supreme Mixed Veg Dinner Roll w/ Smart Balance Chopped Green Onion & Sesame Seeds SF Ambrosia	Beef Ragout Rice Pilaf Broccoli Chopped Cilantro Almond Cookie	SF Fruited Gelatin Chicken Stir-Fried with Vegetables Fried Rice w/ pineapple Capri veg. Blend Dinner Roll w/ Smart Balance Mandarin Orange
≯ 15	16	17	18	19
WG Waffle Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2)	Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Crab, Corn & Tomato Salad	Cottage Cheese Granola Honey Bar Orange Juice & 1% Milk (2) Greek Salad w/ Couscous & Feta Cheese	Oatmeal WW Bread FF Yogurt Orange Juice & 1% Milk (2)	Raisin Bran WW Bread w/Smart Balance & SF Jelly FF Yogurt Orange-Pineapple Juice & 1% Milk (2)
arragon Chicken Salad w/Yogurt Dressing Lemony Orzo Salad WW Bread w/ Smart Balance IW Mandarin Orange	Spring Mix Barley & Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Orange	Beets & Orange Salad WW Dinner Roll w/ Smart Balance SF Ambrosia Fish in Sweet & Sour Sauce	Creamy Pesto Chicken Salad Farro Butternut Squash Salad WW Dinner Roll w/ Smart Balance IW Peach Cup	Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance SF Fruited Gelatin
Pork Caramel Caramelized Sauce Jasmine Rice Carrots Chopped Cilantro RS Apple Crisp	Chicken in Ginger Sauce Fried Rice w/Pineapple WW Dinner Roll w/ Smart Balance Mandarin Orange	Steamed Rice Braised Mushroom w/ Tofu Chopped Green Onions WW Dinner Roll w/ Smart Balance IW Fruit Mix	Tofu & Pork in Tomato Sauce Steamed Rice Stir-Fried Bok Choy SF Cake	Chinese Beef Stir Fried with Pepper Garlio Sauce Jasmine Rice Broccoli Almond Cookie Sesame Seeds







Asian Home Delivered Meals July Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1%x Milk (2)	Oatmeal w/ Raisin Box Granola Honey Bar FF Yogurt	Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly 1% Milk (2) & Orange Juice	Raisin Bran FF Yogurt 1% Milk (2) & Orange Pineapple Juice	WG Waffle Smart Balance & SF Syrup FF Yogurt
Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Bread w/ Smart Balance IW Pear Cup	Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Tomato & Zucchini WW Dinner Roll w/ Smart Balance	Thai Citrus Crunch Salad w/Roast Beef Carrifruit WW Dinner Roll w/ Smart Balance Fresh Apple	Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix	1% Milk (2) & Orange Juice Poppy Seed Chicken Pasta Salad Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance
Fish in Tomato Sauce Rice Pilaf Stir-Fried Gai Lan Chopped Green Onions	RS Apple Crisp Lemongrass Chicken Jasmine Rice Green Beans	Chicken in Tamarind Jasmine Rice Stir-Fried Broccoli Mandarin Orange	Lemony Lentil Salad Tortilla Strips IW Pineapple Tidbits Cilantro Lime Dressing	Fresh Orange Beef Ragout Stir Fry Bok Choy w/ Oyster Sauce Carrots
RS Pear Crisp	WW Dinner roll w/Smart Balance Almond Cookie Chopped Parsley	Sesame Seeds	Stir-Fried Chicken with Vegetables Fried Rice w/ Pineapple Squash Medley SF Ambrosia	WW Dinner Roll w/ Smart Balance SF Cake
29	30	31		
Hardboiled Egg WW Bread w/ Smart Balance SF Jelly 1% Milk (2) & Orange Pineapple Juice Signature Chicken Salad Black Beans & Corn WW Dinner Roll w/ Smart Balance SF Cake Sliced Beef w/ Snow Peas Jasmine Rice Stir-Fry Gai Lan SF Fruited Gelatin	Cottage Cheese	Raisin Bran FF Yogurt 1% Milk (2) & Orange Juice Meatloaf Sandwich Spring Mix Carrot Raisin Salad WG Hamburger Bun Mayonnaise & Mustard Pineapple Tidbits Chicken w/ Orange Sauce Jasmine Rice		
Chopped Red Pepper	RS Apple Crisp	Stir-Fry Bok Choy Almond Cookie	.88	

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.