



Hispanic Home Delivered Meals Menu - July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Bagel w/ Cream Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Tuscan Tuna & White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance SF Ambrosia</p> <hr/> <p>Ground Turkey Picadillo Sauce Red Skin Potatoes Scandinavian Veg Tortilla SF Cake</p>	<p>2</p> <p>Hardboiled Egg FF Yogurt WG Blueberry Muffin w/Smart Balance Orange Juice & 1% Milk (2)</p> <hr/> <p>Herbed Farro Salad w/Nuts, Feta & Cucumber Barley, Corn, and Mango Salad WW Bread w/Smart Balance Mandarin Orange</p> <hr/> <p>Beef Barbacoa Spanish Rice Winter Veg Blend Tortilla SF Custard</p>	<p>3</p> <p>Raisin Bran Granola Honey Bar FF Yogurt Orange Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Chickpea Egg Salad Spring Mix Carrot Raisin WW Dinner Roll w/Smart Balance SF Pear Crisp</p> <hr/> <p>Chicken Meatballs Mushroom Cream Sauce Jasmine Rice California Blend WW Dinner Roll w/Smart Balance SF Pudding</p>	<p>4</p> <p>***CLOSED***</p> <p>Pulled Pork w/BBQ Sauce WG Bun Baked Beans Broccoli Apple Pie Diet Fresh Fruit 1% Milk</p> <p></p>	<p>5</p> <p>Omelet WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Chicken Strips Fajitas Veg Blend Spanish Rice Corn Tortilla SF Fruited Gelatin</p>
<p>8</p> <p>Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers IW Tropical Fruit Mix</p> <hr/> <p>Beef Enchilada Casserole Cilantro Lime Rice 5-Way Mixed Veg SF Pear Crisp</p>	<p>9</p> <p>Hard Boiled Egg FF Yogurt Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Shredded Pork Taco (Shredded Pork, Pinto Beans, Corn & Cheese) Mexican Quinoa Salad Tortilla Fresh Orange</p> <hr/> <p>Carne con Chile Beef Chili Sauce Homemade Pinto Beans Scandinavian Veg Tortilla SF Custard</p>	<p>10</p> <p>Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie</p> <hr/> <p>Chicken Tinga Brown Rice & Black Beans Carrots Ambrosia</p>	<p>11</p> <p>All Bran LF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Pasta w/Butternut Squash & Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance IW Peach Cup</p> <hr/> <p>Fish Taco Chipotle Mango Sauce Baby Baker Potatoes Winter Veg Blend Tortilla Fresh Apple</p>	<p>12</p> <p>WG Waffle FF Yogurt Smart Balance & SF Syrup Orange Juice & 1% Milk (2)</p> <hr/> <p>Sliced Turkey w/ Hummus. Corn, Lima Beans & Tomato Salad WW Bread SF Fruited Gelatin</p> <hr/> <p>Green Chicken Casserole Fajitas Veg. Blend Pinto Beans Mandarin Orange</p>
<p>15</p> <p>WG Waffle Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Tarragon Chicken Salad w/Yogurt Dressing Lemony Orzo Salad WW Bread w/ Smart Balance IW Mandarin Orange</p> <hr/> <p>Cheese Enchiladas (2) Enchilada Sauce Spanish Rice Peas & Carrots RS Apple Crisp</p>	<p>16</p> <p>Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Crab, Corn & Tomato Salad Spring Mix Barley & Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Fish Sticks Ranchera Sauce Black Beans Broccoli Tortilla SF Cake</p>	<p>17</p> <p>Cottage Cheese Granola Honey Bar Orange Juice & 1% Milk (2)</p> <hr/> <p>Greek Salad w/ Couscous & Feta Cheese Beets & Orange Salad WW Dinner Roll w/ Smart Balance SF Ambrosia</p> <hr/> <p>Pork Carnitas Tomato Gravy Orzo Pilaf & Veg California Veg Blend IW Fruit Mix</p>	<p>18</p> <p>Oatmeal WW Bread w/Smart Balance & SF Jelly FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Creamy Pesto Chicken Salad Farro Butternut Squash Salad WW Dinner Roll w/ Smart Balance IW Peach Cup</p> <hr/> <p>Cubed Beef Carne Con Chile Sauce Tomato Cilantro Rice Green Beans Tortilla SF Custard</p>	<p>19</p> <p>Raisin Bran WW Bread w/Smart Balance & SF Jelly FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance SF Fruited Gelatin</p> <hr/> <p>Chicken Strips Fajita Veg. Blend Spanish Rice Carrots Tortilla Pineapple Chunks</p>

Voluntary Contribution \$5.25 per day


www.MealsOnWheelsOC.org

TURN OVER



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Bread w/ Smart Balance IW Pear Cup</p> <hr/> <p>Barbacoa Beef Pinto Beans Mixed Vegetables Tortilla IW Fruit Cup</p>	<p>23</p> <p>Oatmeal w/ Raisin Box Granola Honey Bar FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Dinner Roll w/ Smart Balance RS Apple Crisp</p> <hr/> <p>Chicken Meatballs Mushroom Cream Sauce Jasmine Rice Scandinavian Blend WW Dinner Roll w/ Smart Balance Mandarin Orange</p>	<p>24</p> <p>Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef Carrifruit Salad WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Pork w/ Chile Verde Black Beans Broccoli Tortilla SF Custard</p>	<p>25</p> <p>Raisin Bran FF Yogurt Orange Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese)</p> <hr/> <p>Lemony Lentil Salad Tortilla Strips IW Pineapple Tidbits Cilantro Lime Dressing</p> <hr/> <p>Chicken Tinga Plate Brown Rice & Black Beans Carrots Tortilla Fig Bar</p>	<p>26</p> <p>WG Waffle FF Yogurt Smart Balance & SF Syrup Orange Juice & 1% Milk (2)</p> <hr/> <p>Poppy Seed Chicken Pasta Salad Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Carne con Chile Beef Chili Sauce Homemade Pinto Beans Fajitas Veg Blend Tortilla SF Ambrosia</p>
<p>29</p> <p>Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Signature Chicken Salad Black Beans & Corn WW Dinner Roll w/ Smart Balance SF Cake</p> <hr/> <p>Pork Carnitas Tomatillo Sauce Kidney & Garbanzo Beans Fiesta Veg Blend Corn Tortilla Pico de Gallo SF Fruited Gelatin</p>	<p>30</p> <p>Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Provencal Tuna Salad Herbed Farro w/ Nuts, Feta & Cucumber WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p> <hr/> <p>Ground Turkey Picadillo Sauce Red Skin Potatoes 5 Way Mixed Vegetables Corn Tortilla SF Pudding</p>	<p>31</p> <p>Raisin Bran FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Meatloaf Sandwich w/Spring Mix Carrot Raisin Salad WG Hamburger Bun Mayonnaise & Mustard Pineapple Tidbits</p> <hr/> <p>Cubed Beef Fajitas Fajita Veg Blend Cilantro Lime Rice Broccoli Corn Tortilla Fresh Orange</p>		

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.