

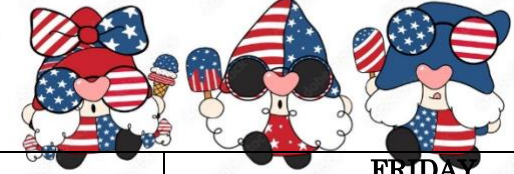


hello July



Home Delivered Meals July Menu 2024


Summer Time!



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>Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Capri Veg Blend WW Dinner Roll w/ Smart Balance SF Cake</p>	<p>2</p> <p>Hardboiled Egg FF Yogurt WG Blueberry Muffin w/Smart Balance Orange Juice & Milk (2)</p> <hr/> <p>Herbed Farro Salad w/Nuts, Feta & Cucumber Barley-Corn Mango Salad WW Bread w/Smart Balance Mandarin Orange</p> <hr/> <p>LS Turkey Turkey Gravy Sweet Potatoes Scandinavia Veg. Blend WW Dinner Roll w/Smart Balance SF Custard</p>	<p>3</p> <p>Raisin Bran Granola Honey Bar FF Yogurt Orange Pineapple Juice & Milk (2)</p> <hr/> <p>Chickpea Egg Salad Spring Mix Carrot Raisin Salad 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> <hr/> <p>Pulled Pork BBQ Sauce WG Bun Baked Beans Broccoli Apple Pie Diet Fresh Fruit</p> <p>HAPPY</p> <p>4th of July</p> <p>INDEPENDENCE DAY</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 & Milk (2)</p> <hr/> <p>Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers (1pk) IW Tropical Fruit Mix</p> <hr/> <p>Cheese Ravioli Italian Sauce Succotash Italian Veg Blend WW Dinner Roll w/ Smart Balance 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 (2) Fresh Orange</p> <hr/> <p>Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Squash Medley SF Cake</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>Braised Cubed Beef Burgundy Sauce Sweet Potatoes Spinach Dinner Roll w/ Smart Balance Ambrosia</p>	<p>11</p> <p>All Bran FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Pasta w/Butternut Squash & Feta Cheese Moroccan Couscous Salad 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>Breakfast for Dinner Omelet Chicken Sausage (1) Baby Baked Potatoes Capri Veg Blend WW Blueberry Muffin w/Smart Balance 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>LS Ground Turkey Bolognese Marinara Sauce Penne Pasta Italian Veg Blend Dinner Roll w/ Smart Balance Parmesan Cheese IW Mandarin Orange</p>	<p>17</p> <p>Cottage Cheese Granola Honey Bar Orange Juice & 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>Salisbury Steak Mashed Potatoes Mushroom Brown Gravy Broccoli WW Dinner Roll w/ Smart Balance 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>Chinese Beef Stir Fry Pepper Garlic Sauce Jasmine Rice Broccoli Almond Cookie Sesame Seeds</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2)	23 Oatmeal w/ Raisin Box Granola Honey Bar FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	24 Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2)	25 Raisin Bran FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	26 WG Waffle Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2)
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 Salad WW Dinner Roll w/ Smart Balance RS Apple Crisp	Thai Citrus Crunch Salad w/ Roast Beef Carrifruit WW Dinner Roll w/ Smart Balance Fresh Apple	Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) Lemony Lentil Salad Tortilla Strips Cilantro Lime Dressing IW Pineapple Tidbits	Poppy Seed Chicken Pasta Salad Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange
Cubed Beef Stew Gravy Stew Vegetables Baby Whole Potatoes IW Fruit Mix	LS Sliced Turkey Florentine Sauce Fettuccini Sliced Carrots WW Dinner Roll w/ Smart Balance Mandarin Orange	Pork w/ Chile Verde Black Beans Broccoli Tortilla SF Egg Custard	Stir Fried Chicken w/ Vegetables Fried Rice w/ Pineapple Squash Medley SF Ambrosia	Spinach & Mushroom Quiche Whole Mini Potatoes 5-Way Mixed Veg WW Dinner Roll w/ Smart Balance SF Ambrosia
29 Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	30 Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)	31 Raisin Bran FF Yogurt Orange Juice & 1% Milk (2)	Summer Time! 	
Signature Chicken Salad Black Beans & Corn WW Dinner Roll w/ Smart Balance SF Cake	Provençal Tuna Salad Herbed Farro w/ Nuts, Feta & Cucumber WW Dinner Roll w/ Smart Balance IW Mandarin Orange	Meatloaf Sandwich Spring Mix Carrot Raisin Salad Mayonnaise & Mustard WG Hamburger Bun Pineapple Tidbits		
Pork Carnitas Tomatillo Sauce Kidney & Garbanzo Beans Fiesta Veg Blend Tortilla SF Fruited Gelatin Pico de Gallo	Turkey Pot Roast Brown Gravy Mashed Potatoes Peas & Carrots SF Pudding	Chicken w/Orange Sauce Jasmine Rice Stir-Fried 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.

