




Lactose Free Home Delivered Meals Menu - July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Bagel w/Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) Tuscan Tuna & White Bean Salad Black Bean w/Lentil Salad WW Bread w/Smart Balance SF Ambrosia Chicken Breast DF Diane Sauce Tri-Color Pasta Green Peas WW Dinner Roll w/Smart Balance Canned Peaches	Hardboiled Egg WW Bread w/Smart Balance Orange Juice & LF Milk (2) DF Mexican Quinoa Salad Chicken Salad Barley, Corn & Mango Salad WW Bread w/Smart Balance Mandarin Orange LS Turkey Turkey Gravy Sweet Potatoes Scandinavian Veg Blend WW Dinner Roll w/Smart Balance SF Cookie	Raisin Bran Granola Honey Bar Orange-Pineapple Juice & LF Milk (2) Chickpea Egg Salad Spring Mix Carrot Raisin Salad WW Dinner Roll w/Smart Balance SF Pear Crisp Diced Chicken DF Brown Gravy Jasmine Rice California Blend WW Dinner Roll w/Smart Balance SF Ambrosia	***CLOSED*** Pulled Pork w/BBQ Sauce WG Bun Baked Beans Broccoli Apple Pie Diet Fresh Fruit LF Milk 	All Bran Granola Honey Bar WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2) Chicken Cilantro Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple Chicken Strips Fajitas Veg Blend Spanish Rice Corn Tortilla SF Fruited Gelatin
8	9	10	11	12
Oatmeal WW Bread w/ Smart Balance & SF Jelly Orange Juice & LF Milk (2) Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers (1pk) IW Tropical Fruit Mix Salisbury Steak Brown Gravy Sauce Fettuccini Succotash Veg WW Dinner Roll w/Smart Balance Mandarin Orange	Hard Boiled Egg DF Yogurt Granola Honey Bar Orange-Pineapple Juice & LF Milk (2) Shredded Pork Taco (Shredded Pork, Pinto Beans & Corn) Mexican Quinoa Salad Tortilla (2) Fresh Orange Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Squash Medley Fresh Orange	Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (2) Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie Braised Cubed Beef Burgundy Sauce Sweet Potatoes Spinach Dinner Roll w/ Smart Balance Ambrosia	All Bran DF Yogurt Orange-Pineapple Juice & LF Milk (2) Pasta w/Butternut Squash & DF Feta Cheese Moroccan Couscous Salad WW Dinner Roll w/ Smart Balance IW Peach Cup Fish Taco Chipotle Mango Sauce Baby Baker Potatoes Winter Veg Blend Tortilla Fresh Apple	Bagel Smart Balance & SF Jelly Granola Honey Bar Orange Juice & LF Milk (2) Sliced Turkey w/ Hummus Quinoa, Corn, Edamame & Cucumber Salad WW Bread w/ Smart Balance SF Fruited Gelatin Pork Tenderloin Apricot Sauce DF Rice Pilaf Peas and Carrots Veg WW Dinner Roll w/ Smart Balance SF Cookies
15	16	17	18	19
Cheerios WW Bread w/ Smart Balance & SF Jelly Orange Juice & LF Milk (2) DF Lemon Quinoa Salad w/ Diced Chicken Lemony Orzo Salad WW Bread w/ Smart Balance IW Mandarin Orange Fish Fillet Ranchera Sauce Black Beans Scandinavian Veg Tortilla Canned Pear	Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) Crab, Corn & Tomato Salad on Spring Mix Barley & Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Orange LS Ground Turkey Marina Sauce Penne Pasta Italian Veg Blend WW Dinner Roll w/ Smart Balance Canned Apricot	All Bran Granola Honey Bar Orange Juice & LF Milk (2) Greek Salad w/ Couscous & Diced Chicken Beets & Orange Salad WW Dinner Roll w/ Smart Balance SF Ambrosia Pork Carnitas Tomato Gravy Orzo Pilaf & Veg California Veg Blend Salsa IW Fruit Mix	Oatmeal & Raisins WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2) DF Pasta Butternut Squash Salad Veggie Egg Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance IW Peaches Meatloaf DF Brown Gravy Baby Baker Potatoes Broccoli WW Dinner Roll w/Smart Balance Orange	Raisin Bran WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) Mediterranean Tuna Salad Garbanzo and Zucchini Salad WW Dinner Roll w/Smart Balance SF Fruited Gelatin Chinese Beef Stir Fry Pepper Garlic Sauce Jasmine Rice Broccoli Almond Cookie

Voluntary Contribution \$5.25 per day


TURN OVER





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<p>22</p> <p>Cheerios WW Bread w/Smart Balance & SF Jelly Orange Juice & LF 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>Cubed Beef DF Brown Gravy Baby Whole Potatoes Stew Vegetables SF Cookie</p>	<p>23</p> <p>Oatmeal & Raisin Box Granola Honey Bar Orange-Pineapple Juice & LF Milk (2)</p> <hr/> <p>Couscous w/ DF Feta Cheese Classic Egg Salad Tomato & Zucchini Salad WW Dinner Roll w/Smart Balance Canned Apricot</p> <hr/> <p>LS Sliced Turkey DF Brown Gravy Fettuccini Spinach WW Dinner Roll w/ Smart Balance Mandarin Orange</p>	<p>24</p> <p>Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Juice & LF Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef Carrifruit WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Pork Cubed Chile Verde Sauce Black Beans Broccoli Corn Tortilla SF Fruited Gelatin</p>	<p>25</p> <p>Raisin Bran WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2)</p> <hr/> <p>Tuna Salad on Spring Mix Lemony Lentil Salad Cilantro Lime Dressing WW Bread w/Smart Balance SF Fruited Gelatin</p> <hr/> <p>Stir Fried Chicken w/ Veg Fried Rice w/ Pineapple Squash Medley SF Ambrosia</p>	<p>26</p> <p>Oatmeal & Raisin Box Granola Honey Bar Orange Juice & Milk (2)</p> <hr/> <p>Bulgur Salad w/ Chickpeas, Cucumber, Cranberries & LS Turkey Broccoli & Peppers Salad WW Dinner Roll w/Smart Balance Fresh Orange</p> <hr/> <p>Meatloaf DF Brown Gravy Sweet Potatoes Peas WW Dinner Roll w/ Smart Balance Fresh Apple</p>
<p>29</p> <p>Hardboiled Egg WW Bread w/Smart Balance & SF Jelly Orange Pineapple Juice & LF Milk (2)</p> <hr/> <p>Signature Chicken Salad Black Beans & Corn Dinner Roll w/ Smart Balance SF Cookie</p> <hr/> <p>Pork Carnitas Tomatillo Sauce Kidney & Garbanzo Beans Fiesta Veg Blend Tortilla Pico de Gallo SF Fruited Gelatin</p>	<p>30</p> <p>Oatmeal WW Bread w/Peanut Butter & Jelly Orange Juice & LF Milk (2)</p> <hr/> <p>Provençal Tuna Salad Lemon Quinoa Salad WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p> <hr/> <p>Turkey Pot Roast Brown Gravy Baby Baker Potatoes Peas & Carrots Canned Apricots</p>	<p>31</p> <p>Raisin Bran Granola Honey Bar Orange Juice & LF Milk (2)</p> <hr/> <p>Meatloaf Sandwich Spring Mix Carrot Raisin Salad WG Hamburger Bun Mayo & Mustard Pineapple Tidbits</p> <hr/> <p>Chicken w/Orange Sauce Jasmine Rice Stir-Fry Bok Choy Almond Cookie</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.