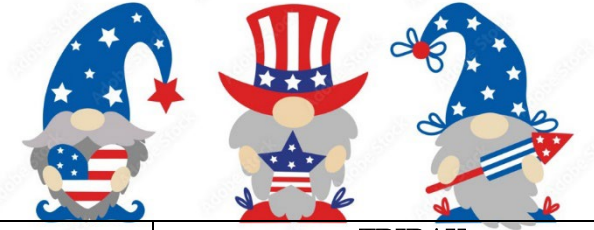





# July



## Vegetarian Home Delivered Meals July Menu 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Mini Bagel w/ Cream Cheese FF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Balsamic Veg Chickenless Strips Pasta Cucumber &amp; Black-Eyed Peas Salad Fresh Orange</p> <hr/> <p>Cheese Ravioli Marinara Sauce Polenta Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple</p>	<p><b>2</b></p> <p>Hardboiled Egg FF Yogurt WG Blueberry Muffin Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>VG Fiesta Chickenless Salad Coleslaw IW Fruit Mix</p> <hr/> <p>Veg Fish Sub Meatless Veg Braised Savory Tomatoes Mashed Potatoes Scandinavian Veg Blend WW Dinner Roll w/ Smart Balance IW Peach</p>	<p><b>3</b></p> <p>Raisin Bran Granola Honey Bar FF Yogurt Orange Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Veggie Egg Salad Carrot Raisin Salad WW Bread w/ Smart Balance SF Pear Crisp</p> <hr/> <p>Veg Meatless Patty Cilantro Lime Rice Fiesta Veg Blend SF Pudding</p>	<p><b>4</b></p> <p><b>***CLOSED***</b></p> <hr/> <p>Chicken Sub Patty w/ BBQ Sauce WG Bun Baked Beans Broccoli / Apple Pie Diet Fresh Fruit 1% Milk</p> <p></p>	<p><b>5</b></p> <p>WG Waffle w/ Smart Balance &amp; SF Syrup FF Yogurt Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Cilantro Chickenless Salad Beets &amp; Mango Salad WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Breaded Chickenless Tenders Ranchera Sauce Pinto Beans Winter Veg Blend Tortilla IW Pineapple Tidbits</p>
<p><b>8</b></p> <p>Cottage Cheese WW Bread w/Smart Balance &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>VG Chickenless Cranberry Basil Salad Barley &amp; Mushroom Salad WG Crackers IW Fruit Mix</p> <hr/> <p>Veg Meatless Meatballs Veg Country Mushroom Gravy Sweet Potatoes Italian Veg. Blend WW Dinner Roll w/ Smart Balance Canned Apricot</p>	<p><b>9</b></p> <p>Hardboiled Egg Granola Honey Bar FF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Carrot Raisin Salad Fresh Orange</p> <hr/> <p>Veg Chickenless Patty Veg Apricot Sauce Mashed Potatoes Succotash Veg SF Custard</p>	<p><b>10</b></p> <p>Oatmeal FF Yogurt WW Bread w/ Peanut Butter &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Veg Chickenless Strips Curry Salad Lemon Orzo Salad WG Crackers IW Pineapple Tidbits</p> <hr/> <p>Spinach &amp; Mushroom Quiche Roasted Baby Potatoes Scandinavian Veg. WW Dinner Roll w/ Smart Balance Mandarin Oranges</p>	<p><b>11</b></p> <p>All Bran FF Yogurt Blueberry Oatmeal Bar Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Mediterranean Chickpea Salad w/ Chickenless Strips Pineapple Coleslaw WW Dinner Roll w/ Smart Balance IW Peach Cup</p> <hr/> <p>Diced Tofu Veg Coconut Curry Sauce Jasmine Rice Carrots SF Fruited Gelatin</p>	<p><b>12</b></p> <p>WG Waffle LF Yogurt Smart Balance &amp; SF Syrup Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Southwest Chickenless Pasta Salad Tomato &amp; Cucumber Salad WW Bread w/ Smart Balance SF Cookie</p> <hr/> <p>Veg Chickenless Tenders Veg Creole Sauce Fettuccini Mixed Vegetable Blend WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p>
<p><b>17</b></p> <p>WG Waffle w/ Smart Balance &amp; SF Syrup FF Yogurt Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Veg Tarragon Chickenless Salad w/ Yogurt Dressing Lemony Orzo Salad WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p> <hr/> <p>Vietnamese Lemongrass Chicken Patty Sub Lemongrass Sauce Brown Rice Oriental Veg Blend SF Apple Crisp</p>	<p><b>18</b></p> <p>Hardboiled Egg WW Bread Smart Balance &amp; SF Jelly Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Tuscan Diced Tofu &amp; White Bean Salad Carrot Raisin Salad WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Veg Meatless Meatball Veg Country Mushroom Gravy Mashed Potatoes Mixed Vegetables Fresh Apple</p>	<p><b>19</b></p> <p>Cottage Cheese Granola Honey Bar Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>½ Classic Egg Salad Sandwich Barley &amp; Black Bean Salad Spring Mix WW Bread SF Ambrosia</p> <hr/> <p>Veg Chickenless Tenders Veg Florentine Sauce Bowtie Pasta Peas &amp; Carrots IW Fruit Mix</p>	<p><b>20</b></p> <p>Oatmeal FF Yogurt Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Vegetarian Creamy Chickenless Pesto Salad Farro w/ Butternut Squash Spring Mix WW Bread w/ Smart Balance Fresh Apple</p> <hr/> <p>Macaroni &amp; Cheese Stewed Tomatoes Green Beans WW Dinner Roll w/ Smart Balance Fresh Orange</p>	<p><b>21</b></p> <p>Raisin Bran WW Bread w/Smart Balance &amp; SF Jelly FF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Harvest Salad w/ Cranberries, Almonds &amp; Chickenless Strips on Spring Mix Italian Dressing Garbanzo &amp; Zucchini Salad SF Fruited Gelatin</p> <hr/> <p>Veg Baked Fish Sub Meatless Veg Lemon Herb Sauce Sweet Potatoes &amp; Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple</p>

Voluntary Contribution \$5.25 per day


[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)

TURN OVER 



## Vegetarian Home Delivered Meals July Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22</b> Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2) Veg. Chickenless Green Beans & Tomato Salad Healthy Veggie Salad Fresh Orange Breakfast for Dinner Omelet Salsa Peas & Carrots Baked Red Skin Potatoes WW Dinner Roll w/ Smart Balance IW Fruit Mix	<b>23</b> Oatmeal w/ Raisin Box Granola Honey Bar FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Tomato & Zucchini WW Bread w/ Smart Balance SF Apple Crisp Veg Chicken Sub Patty Veg Country Gravy Mashed Potatoes Scandinavian Veg. Blend Cranberry Sauce IW Pineapple Tidbits	<b>24</b> Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2) Veg Signature Diced Chickenless Salad Carrifruit WW Dinner Roll w/ Smart Balance Fresh Apple Vegetarian Enchilada Casserole Carrots Broccoli SF Custard	<b>25</b> Raisin Bran FF Yogurt Orange-Pineapple Juice & 1% Milk (2) MOW Tofu Cutlet Asian Slaw Salad WW Bread w/ Smart Balance IW Fruit Mix Veg Chickenless Strips Vegetarian Lemongrass Brown Rice Oriental Vegetable Blend IW Peaches	<b>26</b> WG Waffle w/ Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2) Bulgar Salad w/ Chickpeas, Cucumbers, Cranberries & Egg Salad Green Pepper & Tomato Fresh Orange Veg Meatless Meatballs Veg Country Gravy Rice Pilaf Zucchini WW Dinner Roll w/ Smart Balance SF Ambrosia
<b>29</b> Hardboiled Egg FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Veg. Quinoa, Edamame & Succotash Corn Salad Cucumber & Tomato Spring Mix IW Mandarin Orange Veg Chickenless Strips Polynesian Sauce Jasmine Rice Oriental Veg Blend IW Pineapple Tidbits	<b>30</b> Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Blueberry Oatmeal Bar Orange Juice & 1% Milk (2) Provençal Diced Tofu Salad Garbanzo Zucchini WW Dinner Roll w/ Smart Balance Fresh Apple Veg Chicken Patty Sub Veg Chile Verde Sauce Pinto Beans Broccoli Fresh Orange	<b>31</b> Raisin Bran FF Yogurt Orange Juice & 1% Milk (2) Veg Barley w/Mango Salad & Chickenless Strips Carrot Raisin Salad IW Fruit Mix Veg Meatless Fish Sub Tartar Sauce Mashed Potatoes Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple		

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.