



## Asian Menu Home Delivery Meals August Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance SF Jelly Orange Juice & 1% Milk (2)	Omelet FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)
			Beef Patty Beans and Corn Salad Spring Mix Mayonnaise & Mustard WG Hamburger Bun Canned Apricot	Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WG Crackers WW Dinner Roll w/Smart Balance Fresh Apple
			Chicken Diced w/ Sweet & Sour Sauce Japanese Veg Blend Brown Rice Fresh Orange	Vietnamese Beef Curry Sliced Carrots Jasmine Rice WW Dinner Roll w/ Smart Balance Chopped Onions IW Pineapple Chunks
5	6	7	8	9
WG Oatmeal Granola Honey Bar FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	Hard Boiled Egg WG Cheerios Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)	WG Waffles w/ Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt Orange Juice & 1% Milk (2)
Vietnamese Chicken Salad Confetti Rice Salad WG Crackers IW Peaches	Pork Taco Bowl (Pinto Beans, Corn, Shredded Cheese) Spring Mix WG White Mini Tortilla Mexican Quinoa Salad Fresh Orange	Tuna Salad Asian Marinated Cucumber Beans and Corn Salad WW Bread IW Peach Cup	Cranberry Chicken Salad Spring Mix Tomatoes Cucumber Salad WG Crackers WW Dinner Roll w/ Smart Balance IW Fruit Mix	Sliced Turkey & Hummus Broccoli and Pepper Salad Corn Lima Bean, Tomato Salad WW Bread IW Pears
Pork and Tofu in Caramel Sauce Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple	Diced Chicken W/ Kung Pao Sauce Japanese Veg Blend Jasmine Rice IW Pears	Curried Chicken Stir-Fry Supreme Veg Blend Jasmine Rice WW Dinner Roll w/ Smart Balance Chopped Green Onion & Sesame Seeds Fresh Apple	Beef Ragout Broccoli Rice Pilaf WW Dinner Roll w/ Smart Balance Chopped Cilantro IW Mandarin Orange	Stir-Fried Chicken w/ Vegetables Capri Veg Blend Pineapple Fried Rice WG Crackers Fresh Orange
12	13	14	15	16
WG Waffle SF Syrup FF Yogurt Orange Juice & 1% Milk (2)	LS String Cheese FF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt WW Bread w/Smart Balance SF Jelly Orange-Pineapple Juice & 1% Milk (2)	Honey Granola Bar WW Bread w/Smart Balance SF Jelly FF Yogurt Orange Juice & 1% Milk (2)	<b>**Hawaiian Luau Celebration**</b> WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)
Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix WG Crackers Fresh Apple	Crab, Corn & Tomato Salad California Salad WW Dinner Roll w/ Smart Balance Fresh Orange	Greek Salad w/ Garbanzo Beans & Chicken Zucchini and Tomato Salad WW Dinner Roll w/ Smart Balance IW Pear Cup	Creamy Pesto Chicken Salad Spring Mix Tomato Cucumber Salad WW Dinner Roll w/ Smart Balance IW Peach Cup	Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance WG Crackers Fresh Orange
Pork w/ Caramelized Sauce Carrots & Jasmine Rice Chopped Cilantro WW Dinner Roll w/ Smart Balance IW Fruit Mix	Chicken in Ginger Sauce Green Beans Pineapple Fried Rice WG Crackers IW Pineapple Chunks	Fish in Sweet and Sour Sauce Scandinavian Blend Steamed Rice Fresh Apple Chopped Green Onions	Tofu & Pork and Tomato Sauce Stir-Fried Bok Choy Steamed Rice WG Crackers IW Mandarin Orange SF Cookie	Chicken Strips w/ Teriyaki Sauce Jasmine Rice Broccoli Assorted Dessert Fresh Fruit



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<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Granola Honey Bar WG Raisin Bran FF Yogurt Orange Juice & Milk (2)	Hard Boiled Egg WG Oatmeal Raisins Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios LF String Cheese FF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)	WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) WG Crackers Cilantro Lime Dressing Fresh Apple	WG Raisin Bran FF Yogurt Orange Juice & 1% Milk (2) Diced Chicken Green Pepper & Tomato Salad Asian Marinated Cucumber WG Crackers IW Tropical Fruit Mix
Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad Spring Mix WG Crackers WW Dinner Roll w/ Smart Balance Fresh Apple	Couscous w/ Feta Cheese Salad Tomato & Zucchini WG Crackers Fresh Apple Lemongrass Chicken Carrots and Peas Jasmine Rice Chopped Parsley WW Dinner Roll w/ Smart Balance Mandarin Orange	Thai Citrus Crunch Salad w/ Roast Beef Spring Mix WW Dinner Roll w/ Smart Balance IW Peach Cup SF Pudding Cup Chicken in Tamarind Sauce Broccoli Jasmine Rice Sesame Seeds IW Pear Cup	Diced Chicken w/ Kung Pao Sauce Japanese Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	Beef Ragout Stir-Fry Bok Choy w/ Oyster Sauce Cilantro Lime Rice WW Dinner Roll w/ Smart Balance Fresh Apple
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
WG Oatmeal LF String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	WG Mini Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt Orange Juice & 1% Milk (2) Meatloaf Sandwich Spring Mix Corn Lima Bean & Tomato Salad Mayonnaise & Mustard WG Hamburger Bun IW Mandarin Orange	WG Mini Bagel w/ Cream Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Greek Chicken Quinoa Salad w/ Balsamic Dressing Carrots Raisin Salad Spring Mix WW Dinner Roll w/ Smart Balance WG Crackers IW Pear Cup	Granola Honey Bar WG Cheerios FF Yogurt Orange Juice & 1% Milk (2) Chefs Salad (Pepper Sliced, corn, Shreddeda Swiss Cheese, Carrots, Cucumber) LS Turkey Spring Mix WW Dinner Roll w/ Smart Balance WG Crackers Lemon Vinaigrette Fresh Apple
Chicken Ranch Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peaches	Provencal Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread IW Pineapple Chunks SF Pudding LS Chicken w/ Lemongrass Sauce Green Beans Pan Fried Noodles WW Dinner Roll w/ Smart Balance Fresh Orange	Chicken Breast Coconut Curry Sauce Egg Noddle Sliced Carrots WG Crackers IW Tropical Fruit Mix	Roast Pork w/ Sweet Citrus Glaze Broccoli and Cauliflower Pineapple Fried Rice Fresh Apple	Chicken in Ginger Sauce Mixed Vegetables Pan Fried Noodles Chopped Green Onions IW Pineapple Chunks

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.