







Home Delivered Meals August Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 			1 WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance SF Jelly Orange Juice & 1% Milk (2)	2 Omelet FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Fresh Apple Cubed Beef w/ Ranchera Sauce Broccoli and Carrots Brown Rice WG Corn Tortilla IW Pineapple Chunks
			Beef Patty Spring Mix Beans and Corn Salad WG Hamburger Bun Canned Apricot Mayonnaise & Mustard Chicken Diced w/ Hui Hui Pineapple Sauce Japanese Veg Blend Rice Pilaf Fresh Orange	
5 Hard Boiled Egg WG Oatmeal Granola Honey Bar FF Yogurt Orange Juice & 1% Milk (2) Vietnamese Chicken Salad Confetti Rice Salad WG Crackers IW Peaches Breakfast for Dinner Omelet Baby Baked Potatoes Capri Vegetables WW Bread w/ Smart Balance Fresh Apple	6 WG Cheerios Orange-Pineapple Juice & 1% Milk (2) Pork Taco Bowl (Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Mini Tortilla Fresh Orange Chicken Breast w/ Kung Pao Sauce Japanese Veg Blend Jasmine Rice IW Pears 	7 WG Raisin Bran FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Tuna Salad Beans and Corn Salad Coleslaw Salad WW Bread W Peaches Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla Fresh Apple	8 WW Bread w/ Peanut Butter & SF Jelly FF Yogurt Orange Juice & 1% Milk (2) Cranberry Chicken Salad WG Crackers WW Dinner Roll IW Fruit Mix Cheese Ravioli w/ Mariana Sauce Broccoli Italian Veg Blend WW Dinner Roll w/ Smart Balance IW Mandarin Orange	9 WG Cheerios FF Yogurt Orange Juice & 1% Milk (2) LS Sliced Turkey Broccoli and Pepper Salad WW Bread IW Pears SF Pudding Mayonnaise & Mustard Roast Beef w/Burgundy Sauce Sweet Potato Cooked Spinach WW Dinner Roll w/ Smart Balance Fresh Orange
12 WG Waffle Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2) Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix Orzo Salad IW Mandarin Orange Fish Fillet w/Ranchera Sauce Succotash Mexican Rice WG White Corn Mini Tortillas IW Fruit Mix	13 LS String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Crab, Corn & Tomato Salad California Salad WW Dinner Roll w/ Smart Balance Fresh Orange SF Pudding LS Ground Turkey w/Marinara Sauce Italian Veg Blend Penne Pasta Parmesan Cheese IW Pineapple Chunks	14 Cottage Cheese WG Raisin Bran FF Yogurt WW Bread w/Smart Balance SF Jelly Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini and Tomato Salad WW Dinner Roll w/ Smart Balance IW Pear Cup Pork Carnitas w/ Verde Sauce Carrots and Peas Cilantro Lime Rice WG White Corn Tortilla Fresh Apple	15 WG Oatmeal WW Bread w/Smart Balance SF Jelly FF Yogurt Orange Juice & 1% Milk (2) Creamy Pesto Chicken Salad Tomato Cucumber Salad WW Dinner Roll w/ Smart Balance IW Peach Cup Salisbury Steak w/ Mushroom Brown Gravy Mashed Potatoes Broccoli WW Dinner Roll w/ Smart Balance IW Mandarin Orange	16 **Hawaiian Luau Celebration** WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Bread Fresh Orange Chicken Strips w/ Teriyaki Sauce Jasmine Rice Broccoli Assorted Dessert Fresh Fruit  



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19 Granola Honey Bar WG Raisin Bran FF Yogurt Orange Juice & 1% Milk (2)	20 Hard Boiled Egg WG Oatmeal Orange-Pineapple Juice & 1% Milk (2)	21 WG Cheerios LF String Cheese FF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)	22 WG Oatmeal WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	23 WG Raisin Bran WW Bread Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2)
Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WG Crackers WW Dinner Roll w/ Smart Balance IW Pear Cup	Couscous w/ Feta Cheese Salad Tomato & Zucchini WG Crackers IW Mandarin Orange	Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peaches SF Pudding Cup	Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) WG Crackers Cilantro Lime Dressing IW Pineapple Chunks	Diced Chicken Green Pepper & Tomato Salad WG Crackers IW Tropical Fruit Mix
Cubed Beef w/Stew Gravy Stew Vegetables Broccoli Jasmine Rice IW Fruit Mix	LS Sliced Turkey Florentine Sauce Italian Blend Vegetables Fettuccini WW Dinner Roll w/ Smart Balance Fresh Apple	 Pork w/ Chile Verde Pinto Beans Broccoli & Carrots WG White Corn Tortilla IW Pear Cup	LS Diced Chicken w/ Lemongrass Sauce Japanese Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	Spinach & Mushroom Quiche Baby Baked Potatoes 5-Way Mixed Veg WW Dinner Roll w/ Smart Balance SF Ambrosia
26 WG Oatmeal LF String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	27 WG Cheerios FF Yogurt Orange Juice & 1% Milk (2)	28 WG Raisin Bran FF Yogurt Orange Juice & 1% Milk (2)	29 WW Bread w/ Peanut Butter & SF Jelly FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	30 Granola Honey Bar WG Cheerios Orange Juice & 1% Milk (2)
Chicken Ranch Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peaches	Provencal Tuna Salad Tomato Cucumber Salad WW Bread IW Pineapple Chunks	Meatloaf Sandwich Spring Mix Corn Lima Bean & Tomato Salad Mayonnaise & Mustard WG Hamburger Bun IW Mandarin Orange	Greek Chicken Quinoa Salad w/ Balsamic Dressing Spring Mix Coleslaw Salad WW Dinner Roll w/ Smart Balance WG Crackers IW Pear Cup	Chefs Salad (Pepper Sliced, Corn, Shredded Swiss Cheese Carrots, Cucumber) LS Turkey Spring Mix WW Dinner Roll w/ Smart Balance Lemon Vinaigrette Fresh Apple
Breaded Fish Spanish Rice & WG White Corn Tortilla Broccoli Pico de Gallo Fresh Apple	Turkey Pot Roast Brown Gravy Mashed Potatoes Peas & Carrots WG Crackers WW Dinner Roll w/ Smart Balance Fresh Orange	Chicken Breast Coconut Curry Sauce Egg Noddle Sliced Carrots WG Crackers IW Tropical Fruit Mix	Roast Beef w/ Brown Gravy Cooked Spinach Jasmine Rice Fresh Apple	Pork Carnitas w/ Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice 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.