



Hispanic Home Delivered Meals Menu – August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WG Oatmeal LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) <hr/> Beef Patty Beans and Corn Salad (Beans, Corn, Pepper, Cilantro, Green Onion) Mayonnaise & Mustard WG Hamburger Bun Canned Apricot <hr/> Barbacoa Beef w/ Ranchera Especial Salsa Carrots Home Pinto Beans WG White Tortillas Fresh Orange	Omelet Granola Honey Bar FF Yogurt Orange Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Fresh Apple <hr/> Cubed Beef w/ Chile Verde Sauce Broccoli WG Corn Tortilla Brown Rice IW Pineapple Chunks
5	6	7	8	9
WG Oatmeal Granola Honey Bar FF Yogurt Orange Juice & Milk (2) <hr/> Vietnamese Chicken Salad Spring Mix Confetti Rice Salad WG Crackers IW Peaches <hr/> Beef Enchilada Casserole 5-Mix Veg Cilantro Lime Rice White Corn Tortilla Fresh Apple	WG Mini Bagel Cream Cheese Orange-Pineapple Juice & 1% Milk (2) <hr/> Pork Taco Bowl (Pinto Beans, Corn, Shredded Cheese) Mexican Quinoa Salad WG White Mini Tortilla (2) Fresh Orange <hr/> Carne Con Chile Scandinavian Blend Home Pinto Beans Rice Pilaf IW Pear Cup	WG Raisin Bran FF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Tuna Salad Asian Marinated Cucumber Beans & Corn Salad WW Bread W Peaches <hr/> Chicken Tinga w/ Tinga Sauce Diced Carrots Mexican Rice WG White Corn Tortilla Fresh Apple	WG Oatmeal FF Yogurt Orange Juice & 1% Milk (2) <hr/> Cranberry Chicken Salad Tomato Cucumber Salad WG Crackers WW Dinner Roll w/ Smart Balance IW Fruit Mix <hr/> Fish Taco w/ Chipotle Mango Dressing Winter Blend Veg Baby Bake Potatoes WG White Corn Tortillas IW Mandarin Orange	WG Cheerios FF Yogurt Orange Juice & 1% Milk (2) <hr/> Sliced Turkey & Hummus Broccoli and Pepper Salad WW Bread Barley Corn and Mango Salad IW Pear Cup SF Pudding <hr/> Green Chicken Casserole Fajita Blend Veg Pinto Beans WW Dinner Roll w/ Smart Balance Fresh Orange
12	13	14	15	16
Hard Boiled Egg WG Oatmeal FF Yogurt Orange Juice & 1% Milk (2) <hr/> Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix WG Crackers IW Mandarin Orange <hr/> Cheese Enchiladas w/ Red Enchilada Sauce Peas and Carrots Spanish Rice Dinner Roll w/ Smart Balance IW Fruit Mix	LS String Cheese FF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2) <hr/> Crab, Corn & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange SF Pudding <hr/> Fish Sticks w/ Ranchera Sauce Broccoli Black Beans WG White Corn Tortilla IW Pineapple Chunks	WG Cheerios FF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Greek Salad w/ Garbanzo Beans & Chicken Zucchini and Tomato Salad WW Dinner Roll w/ Smart Balance IW Pear Cup <hr/> Pulled Pork Pico de Gallo Sauce Mixed Vegetable Cilantro Lime Rice WG White Corn Mini Tortilla Fresh Apple	WG Oatmeal WW Bread w/Smart Balance SF Jelly FF Yogurt Honey Granola Bar Orange Juice & 1% Milk (2) <hr/> Creamy Pesto Chicken Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance IW Peach Cup <hr/> Cubed Beef w/ Carne con Chile Sauce Green Beans Tomato Cilantro Rice WG White Corn Tortilla IW Mandarin Orange	***Hawaiian Luau Celebration*** WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) <hr/> Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad Spring Mix WG Crackers WW Dinner Roll w/ Smart Balance Fresh Orange <hr/> Chicken Strips w/ Teriyaki Sauce Jasmine Rice Broccoli Assorted Dessert Fresh Fruit



Hispanic Home Delivered Meals Menu – August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Granola Honey Bar WG Raisin Bran FF Yogurt Orange Juice & Milk (2) Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Dinner Roll w/ Smart Balance IW Pear Cup Barbacoa Beef Pinto Beans 5-Way Mixed Veg WG White Corn Mini Tortilla IW Fruit Mix	20 Hard Boiled Egg WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Tomato & Zucchini WG Crackers Fresh Apple Chicken Meatballs w/ Mushroom Cream Sauce Scandinavian Blend Jasmine Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange	21 WG Cheerios LF String Cheese FF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peaches Pulled Pork w/ Chile Verde Sauce Pinto Beans Broccoli WG White Corn Tortilla Tomato Cilantro Rice IW Pear Cup	22 WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) WW Dinner Roll w/ Smart Balance Cilantro Lime Dressing IW Pineapple Chunks Breaded Cod w/ Pico de Gallo Sauce Sliced Carrots WG White Corn Tortilla Brown Rice Fresh Orange	23 WG Raisin Bran WW Bread w/ Peanut Butter & SF Jelly FF Yogurt Orange Juice & 1% Milk (2) Diced Chicken Green Pepper & Tomato Salad Asian Marinated Cucumber WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix Carne Con Chile Fajitas Veg. Blend WG White Corn Tortilla Spanish Rice Fresh Apple
26 WG Oatmeal LF String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Chicken Ranch Salad California Salad WW Dinner Roll w/ Smart Balance IW Peaches SF Pudding Cup Pork Carnitas w/ Tomatillo Sauce Kidney Beans & Garbanzo Beans Fiesta Blend Veg WG White Corn Tortilla Fresh Apple	27 Granola Honey Bar FF Yogurt Orange Juice & 1% Milk (2) Provencal Tuna Salad Tomato Cucumber Salad WW Bread IW Pineapple Chunks Ground Turkey Picadillo Sauce Red Skin Potatoes 5-Way Mixed Veg WG White Corn Tortilla Fresh Apple	28 WG Raisin Bran FF Yogurt Orange Juice & 1% Milk (2) Meatloaf Sandwich Spring Mix Corn Lima Bean & Tomato Salad Mayonnaise & Mustard WG Hamburger Bun IW Mandarin Orange Beef Fajitas Fiesta Blend Veg Broccoli Cilantro Lime Rice WG White Corn Tortilla IW Tropical Fruit Mix	29 WG Oatmeal FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Greek Chicken Quinoa Salad w/ Balsamic Dressing Spring Mix Carrot Raisin Salad WW Dinner Roll w/ Smart Balance WG Crackers IW Pear Cup Tilapia Fillet w/ Chipotle Mango Sauce Winter Blend Rice Pilaf WG White Corn Tortilla Fresh Apple	30 WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) Chefs Salad (Pepper Sliced, corn, Shredded Swiss Cheese, Carrots, Cucumber) LS Turkey Beans and Corn Salad WW Dinner Roll w/ Smart Balance Lemon Vinaigrette Fresh Apple Pork Carnitas Mixed Vegetables WG White Corn Tortilla 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.