





Lactose Free Home Delivered Meals August Menu 2024

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



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19 WG Cheerios LF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange Juice & LF Milk (2) Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WG Crackers WW Dinner Roll w/ Smart Balance IW Pear Cup Cubed Beef Peas & Carrots Stew Gravy Stew Vegetables Jasmine Rice IW Fruit Mix 	20 Hard Boiled Egg WG Raisin Bran Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Tomato & Zucchini WG Crackers IW Mandarin Orange LS Sliced Turkey Florentine Sauce Italian Blend Vegetables Fettuccini Pasta WW Dinner Roll w/ Smart Balance Fresh Apple	21 WG Cheerios LF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peaches Pork w/ Chile Verde Pinto Beans Broccoli & Carrots WG White Corn Tortilla IW Pear Cup	22 WG Oatmeal WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) LF Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & LF Shredded Cheese) WG Crackers Cilantro Lime Dressing IW Pineapple Chunks LS Diced Chicken w/ Lemongrass Sauce Japanese Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	23 WW Bread w/ Peanut Butter & SF Jelly LF Yogurt Orange Juice & LF Milk (2) Diced Chicken Spring Mix Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance IW Fruit Mix Carne Con Chile Fajitas Veg. Blend WG White Corn Tortilla Spanish Rice Ambrosia
26 WG Oatmeal LF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) Chicken Ranch Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peaches Breaded Fish Spanish Rice & WG White Corn Tortilla Broccoli Pico de Gallo Fresh Apple	27 WG Cheerios LF Yogurt Orange Juice & LF Milk (2) Provencal Tuna Salad Tomato Cucumber Salad WW Bread IW Pineapple Chunks SF Fruited Gelatin Turkey Pot Roast Brown Gravy Mashed Potatoes Peas & Carrots WG Crackers WW Dinner Roll w/ Smart Balance Fresh Orange	28 WG Raisin Bran LF Yogurt Orange Juice & LF Milk (2) Meatloaf Sandwich Spring Mix Corn Lima Bean & Tomato Salad Mayonnaise & Mustard WG Hamburger Bun IW Mandarin Orange Chicken Breast w/Curry Sauce DF Egg Noddle Sliced Carrots WG Crackers IW Tropical Fruit Mix	29 WW Bread w/ Peanut Butter & SF Jelly LF Yogurt Orange-Pineapple Juice & LF Milk (2) LF Greek Chicken Quinoa Salad Spring Mix Coleslaw Salad WW Dinner Roll w/ Smart Balance WG Crackers IW Pear Cup Roast Beef w/ Brown Gravy Cooked Spinach Jasmine Rice Fresh Apple 	30 Granola Honey Bar WG Cheerios Orange Juice & LF Milk (2) Chefs Salad (Pepper Sliced, corn, Carrots, Cucumber, LF Shredded Mozzarella Cheese) LS Turkey Spring Mix WW Dinner Roll w/ Smart Balance Lemon Vinaigrette 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 \$9.25 exceed 2300 mg on these days.