



Vegetarian Home Delivered 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 WG Mini Muffin WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)
			Veggie Burger Beans and Corn Salad Spring Mix Mayonnaise & Mustard WG Hamburger Bun Canned Apricot	Chickenless Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance IW Peach Cup
			Tofu Cutlet w/ Sweet and Sour Sauce Japanese Veg Blend Rice Pilaf IW Mandarin Orange	Chickenless Tenders w/ Ranchera Sauce Winter Veg Blend Pinto Beans WG Corn Tortilla IW Pineapple Chunks
5	6	7	8	9
WG Oatmeal WW Bread w/Smart Balance SF Jelly FF Yogurt Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/Smart Balance SF Jelly FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt WW Bread w/Smart Balance SF Jelly Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt Orange Juice & 1% Milk (2)
Vietnamese Chickenless Salad Confetti Rice Salad WG Crackers IW Peach	Vegetarian Taco Salad (Pinto Beans, Corn, Shredded Cheese) Mexican Quinoa Salad WG White Tortilla Fresh Orange	Curry Vegetarian Chickenless Asian Marinated Cucumber WG Crackers WW Dinner Roll w/ Smart Balance IW Peaches	Cranberry Chickenless Salad Tomato Cucumber Salad Spring Mix WG Crackers WW Dinner Roll w/ Smart Balance IW Fruit Mix	Veggie Burger Spring Mix Broccoli and Pepper Salad IW Pear Cup WG Hamburger Bun Mayonnaise & Mustard SF Egg Custard
Meatless Meatballs w/ Veg Country Mushroom Gravy Sweet Potatoes Italian Vegetable Blend WW Dinner Roll w/ Smart Balance IW Fruit Mix	Chickenless Patty w/ Veg Apricot Sauce Mashed Potatoes Succotash WW Dinner Roll w/ Smart Balance IW Pear Cup	Mushroom Spinach Quiche Roasted Baby Potatoes Scandinavian Veg Blend WW Dinner Roll w/ Smart Balance Fresh Orange	Tofu Cutlet w/ Veg Coconut Curry Sauce Carrots Jasmine Rice IW Mandarin Orange	Chickenless Tenders w/ Veg Creole Sauce Mixed Vegetables Fettuccini Pasta WW Dinner Roll w/ Smart Balance Fresh Orange
12	13	14	15	16
WG Oatmeal Honey Granola Bar 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)	Cottage Cheese WG Waffle FF Yogurt WW Bread w/Smart Balance SF Jelly Orange-Pineapple Juice & 1% Milk (2)	Hard Boiled Egg WW Bread w/Smart Balance SF Jelly FF Yogurt Orange Juice & 1% Milk (2)	**Hawaiian Luau Celebration** WG Cheerios FF Yogurt LF String Cheese WW Bread w/Smart Balance SF Jelly Orange-Pineapple Juice & 1% Milk (2)
Vegetarian Tarragon Chickenless Salad Broccoli & Pepper Salad Spring Mix WW Dinner Roll w/ Smart Balance IW Mandarin Orange	Tuscan Cutlet Tofu and White Bean Salad California Salad WG Crackers WW Dinner Roll w/ Smart Balance Fresh Orange	½ Classic Egg Salad Sandwich Spring Mix Zucchini and Tomato Salad WW Bread IW Pear Cup	Veg Creamy Pesto Chicken Salad Tomato Cucumber Salad WG Crackers WW Dinner Roll w/ Smart Balance IW Peach Cup	Harvest Salad w/ Cranberries, Almonds & Chickenless Strips on Spring Mix Corn, Lima Beans and Tomato Salad WW Dinner Roll w/ Smart Balance WG Crackers Fresh Orange
Chickenless Patty w/ Veg Lemongrass Sauce Japanese Veg Blend Spanish Rice IW Fruit Mix	Meatless Meatball w/ Vegetarian Mushroom Brown Gravy Mashed Potatoes and Carrots Dinner Roll w/ Smart Balance IW Pineapple Chunks	Veg Chickenless Tenders w/ Florentine Sauce Capri Vegetables Veg Cilantro Lime Rice Fresh Apple	Macaroni & Cheese Stewed Tomatoes WW Dinner Roll w/ Smart Balance IW Mandarin Orange	Chickenless Strips w/ Teriyaki Sauce Jasmine Rice Broccoli Assorted Dessert Fresh Fruit



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
<p>WW Bread w/ Peanut Butter & SF Jelly FF Yogurt Orange Juice & Milk (2)</p> <hr/> <p>Veg Chickenless w/ Green Beans & Tomato Salad Healthy Veggie Salad WG Crackers WW Dinner Roll w/ Smart Balance IW Pear Cup</p> <hr/> <p>Breakfast for Dinner Omelet Peas & Carrots Baked Red Skin Potatoes WW Dinner Roll w/ Smart Balance IW Fruit Mix</p>	<p>Hard Boiled Egg WG Oatmeal Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Tomato & Zucchini WG Crackers WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Breaded Chickenless Patty Veg Gravy Italian Blend Vegetables Mashed Potatoes WW Dinner Roll w/ Smart Balance Mandarin Orange</p>	<p>WG Cheerios LF String Cheese FF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Chickenless Strips Carrifruit WW Dinner Roll w/ Smart Balance IW Peaches</p> <hr/> <p>Vegetarian Enchilada Casserole Broccoli Veg Cilantro Lime Rice IW Pear Cup</p>	<p>WG Oatmeal FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Veg Taco Salad Pinto Beans Spring Mix WG Crackers Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Vegan Fillet w/ Tartar Sauce Japanese Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange</p>	<p>WG Raisin Bran WW Bread Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Veg Chickenless Strips Green Pepper & Tomato Salad WG Crackers WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Spinach & Mushroom Quiche 5-Way Mixed Vegetable Baby Baked Potatoes WW Dinner Roll w/ Smart Balance Fresh Apple</p>
26	27	28	29	30
<p>WG Oatmeal FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Veg Chickenless Ranch Salad Spring Mix California Salad WG Crackers WW Dinner Roll w/ Smart Balance IW Peaches</p> <hr/> <p>Veg Chickenless Strips w/ Polynesian Sauce Scandinavian Blend Jasmine Rice IW Pineapple Tidbits</p>	<p>WG Raisin Bar FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Provençal Tofu Salad Tomato Cucumber Salad WW Bread IW Pineapple Chunks SF Cookie</p> <hr/> <p>Veg Chickenless Patty W/ Veg Chile Verde Sauce Pinto Beans Broccoli WW Dinner Roll w/ Smart Balance Fresh Orange</p>	<p>WG Cheerios WG Mini Bagel w/ Cream Cheese FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Veggie Burger Healthy Veggie Salad Mayonnaise & Mustard WG Hamburger Bun IW Mandarin Orange</p> <hr/> <p>Vegan Fillet w/ Tartar Sauce Mashed Potatoes Green Beans WW Dinner Roll w/ Smart Balance Fresh Apple</p>	<p>Hard Boiled Egg WG Oatmeal FF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Greek Chickenless Quinoa Salad Carrot Raisin Salad WW Dinner Roll w/ Smart Balance WG Crackers IW Pear Cup</p> <hr/> <p>Vegetarian Lasagna Broccoli and Cauliflower 5-way Mixed WW Dinner Roll w/ Smart Balance Ambrosia</p>	<p>WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Chefs Salad (Pepper Sliced, corn, Shredded Swiss Cheese, Carrots, Cucumber) Chickenless Strips WW Dinner Roll w/ Smart Balance Lemon Vinaigrette Fresh Apple</p> <hr/> <p>Garden Chili Carrots and Shredded Cheese Mixed Vegetables Cornbread IW Tropical Fruit Mix</p>

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.