







Asian Home Delivered Meals November Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 NOVEMBER			 Thanksgiving	1 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Sliced Turkey Hummus Broccoli & Pepper Salad Corn, Lima Bean, Tomato Salad WW Bread (2) IW Pears <hr/> Stir-Fried Chicken w/ Vegetables Capri Vegetable Pineapple Fried Rice WW Crackers (4 pk) Fresh Orange
4	5	6	7	8
WG Waffle w/ SF Syrup FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix WW Crackers (4 pk) Fresh Apple <hr/> Pork w/ Caramelized Sauce Chopped Cilantro Diced Carrots Jasmine Rice WW Dinner Roll (2) w/Smart Balance IW Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) <hr/> Crab, Corn & Tomato Salad California Salad WW Dinner Roll w/ Smart Balance Fresh Orange <hr/> Chicken in Ginger Sauce Green Beans Pineapple Fried Rice WW Crackers (4 pk) IW Pineapple Chunks	WW Bread w/ SF Jelly & Smart Balance WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Greek Salad w/ Garbanzo Beans & Chicken Tomato & Zucchini Salad WW Dinner Roll (2) w/ Smart Balance IW Pears <hr/> Fish w/ Asian Sauce Scandinavian Veg Blend Steamed Rice Chopped Green Onion Fresh Apple	WW Bread (2) w/Smart Balance & SF Syrup WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Creamy Chicken Pesto Salad Tomatoes & Cucumber Salad Spring Mix WW Dinner Roll w/Smart Balance IW Peach <hr/> Tofu & Pork & Tomato Sauce Stir Fried Bok Choy Steamed Rice WW Crackers (4 pk) IW Mandarin Orange SF Cookie	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) <hr/> Mediterranean Tuna Salad Corn, Lima Beans and Tomato Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll (2) w/Smart Balance Fresh Orange <hr/> Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice Fresh Apple SF Pudding Cup
11	12	13	14	15
Veterans Day Celebration Roast Beef w/ Mushroom Gravy Baby Baked Potatoes Chef's Cut Veg. Blend Dinner Roll w/Smart Balance Apple Pie Diet: Fresh Fruit	Hard Boiled Egg (2) WG Oatmeal Raisins Orange-Pineapple Juice & 1% Milk (2) <hr/> Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Crackers (4 pk) Fresh Apple <hr/> Lemongrass Chicken Carrots & Peas Jasmine Rice Chopped Parsley WW Dinner Roll (2) w/Smart Balance IW Mandarin Orange	WG Cheerios LF String Cheese FF Yogurt WW Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) <hr/> Thai Citrus Crunch Salad w/Roast Beef Spring Mix WW Dinner Roll w/Smart Balance IW Peach Cup SF Pudding <hr/> Chicken in Tamarind Broccoli Jasmine Rice Sesame Seeds IW Pear Cup	WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) <hr/> Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) WW Crackers (4 pk) Cilantro Lime Dressing Fresh Apple <hr/> Diced Chicken w/Kung Pao Sauce Japanese Veg Blend Brown Rice WW Dinner Roll (2) w/Smart Balance Fresh Orange	WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Diced Chicken Green Pepper & Tomato Salad Asian Marinated Cucumber Salad WW Crackers (4 pk) IW Tropical Fruit Mix <hr/> Beef Ragout Stir-Fry Bok Choy w/ Oyster Sauce Cilantro Lime Rice WW Dinner Roll (2) w/Smart Balance Fresh Apple



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MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
WG Oatmeal LF String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peaches <hr/> Stir-Fry Beef w/ Snow Peas Stir Fried Gai Lan Jasmine Rice WW Crackers (4 pk) Chopped Red Pepper Fresh Apple	WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) <hr/> Provencal Tuna Salad Tomato & Cucumber Salad Spring Mix WW Bread (2) IW Pineapple Chunks SF Pudding <hr/> Diced Chicken w/Lemongrass Sauce Green Beans Pan Fried Noodles WW Dinner Roll w/Smart Balance Fresh Orange	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Meatloaf Sandwich Spring Mix Corn, Lima Bean & Tomato Salad Ketchup WG Hamburger Bun IW Mandarin Orange <hr/> Chicken Breast Coconut Curry Sauce Egg Noodle Carrots WW Crackers (4 pk) IW Tropical Fruit Mix	WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Greek Chicken Quinoa Salad Carrots Raisin Salad Spring Mix w/Balsamic Dressing WW Dinner Roll (2) w/Smart Balance WW Crackers (4 pk) IW Pear Cup <hr/> Pork w/Sweet Citrus Glaze Broccoli & Cauliflower Pineapple Fried Rice Fresh Apple	Granola Honey Bar WG Cheerios FF Yogurt Orange Juice & 1% Milk (2) <hr/> Chefs Salad (LS Turkey, Pepper Sliced, Corn, Shredded Swiss Cheese, Carrots, Cucumber) Spring Mix WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Lemon Vinaigrette Fresh Apple <hr/> Chicken in Ginger Sauce Mixed Vegetables Pan Fried Noodles Chopped Green Onions IW Pineapple Chunks
25	26	27	**28**	**29**
WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Mediterranean Chicken Quinoa Salad Cucumber Salad Spring Mix WW Dinner Roll (2) w/Smart Balance IW Peaches <hr/> Pork in Five Spice Sauce Stir Fried Bok Choy w/Oyster Sauce Orzo Pilaf WW Crackers (4 pk) Chopped Cilantro Fresh Orange	WG Waffle w/Smart Balance SF Syrup LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Mexican Tuna Salad California Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Ambrosia <hr/> Chicken Meatballs Curry Pineapple Sauce Peas & Carrots Jasmine Rice WW Dinner Roll w/Smart Balance IW Mandarin Orange	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Beef Barley Salad w/ Mango Dressing Spring Mix Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Fresh Apple <hr/> Diced Chicken Caramel Sauce Capri Vegetables Jasmine Rice IW Peaches	**Thanksgiving Celebration** Roast Turkey w/ Brown Gravy Mashed Potatoes Green Beans Hawaiian Roll w/ Smart Balance Pumpkin Pie Diet: Fresh Fruit	**Thanksgiving Brunch** Sliced Ham w/Apricot Sauce Sweet Potatoes Collard Greens Parker House Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit

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.

