







## Hispanic Home Delivered Meals November Menu - 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Sliced Turkey Hummus Barley, Corn & Mango Salad Broccoli & Pepper Salad WW Bread (2) IW Pears SF Pudding Cup Green Chicken Casserole Fajitas Veg Blend Pinto Beans WW Dinner Roll (2) w/ Smart Balance Fresh Orange
4 WG Oatmeal Hardboiled Egg (2) FF Yogurt (2) Orange Juice & 1% Milk (2) Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix WW Crackers (4 pk) IW Mandarin Orange Cheese Enchiladas w/ Red Enchilada Sauce Carrots & Peas Spanish Rice WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	5 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Crab, Corn & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange SF Pudding Fish Taco Fish Sticks Ranchera Sauce Broccoli & Black Beans WG White Corn Mini Tortillas IW Pineapple Chunks	6 WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini Tomato Salad WW Dinner Roll (2) & Smart Balance IW Pears Pork Carnitas w/ Pico de Gallo Cilantro Lime Rice WG White Corn Mini Tortillas Mixed Vegetables Fresh Apple	7 WG Oatmeal WW Bread w/ SF Jelly & Smart Balance Honey Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Creamy Chicken Pesto Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance IW Peach Cubed Beef w/ Carne con Chile Sauce Green Beans Tomato Cilantro Rice WG White Corn Tortilla IW Mandarin Orange	8 WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Orange Fajita Plate Chicken Strips Fajita Veg Blend Mexican Rice WG White Corn Mini Tortillas IW Pineapple Chunks
**11** <b>**Veterans Day Celebration**</b> Roast Beef w/ Mushroom Gravy Baby Baked Potatoes Chef's Cut Veg. Blend Dinner Roll w/Smart Balance Apple Pie Diet: Fresh Fruit	12 WG Oatmeal Hardboiled Egg (2) Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Zucchini & Tomato Salad WW Crackers (4 pk) Fresh Apple Chicken Meatballs Mushroom Cream Sauce Scandinavian Veg Blend Jasmine Rice WW Dinner Roll (2) & Smart Balance IW Mandarin Orange	13 WW Bread w/ Peanut Butter & SF Jelly WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peach Pulled Pork w/ Chile Verde Sauce Pinto Beans & Broccoli Tomato Cilantro Rice WG White Corn Tortilla IW Pears	14 WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad Cilantro Lime Dressing Spring Mix WW Dinner Roll (2) & Smart Balance IW Pineapple Chunks Breaded Fish Pico de Gallo Sauce Sliced Carrots Brown Rice WG White Corn Mini Tortilla Fresh Orange	15 WG Raisin Bran WW Bread w/ Peanut Butter & SF Jelly FF Yogurt (2) 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 w/ Chili Sauce Fajitas Veg Blend Spanish Rice WG White Corn Mini Tortillas Fresh Apple



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MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<b>WG Oatmeal</b> <b>WW Bread w/ SF Jelly &amp; Smart Balance</b> <b>FF Yogurt</b> <b>LF String Cheese</b> <b>Orange-Pineapple Juice &amp; 1% Milk (2)</b>	<b>Granola Honey Bar</b> <b>FF Yogurt (2)</b> <b>Orange Juice &amp; 1% Milk (2)</b>	<b>WG Raisin Bran</b> <b>FF Yogurt (2)</b> <b>Orange Juice &amp; 1% Milk (2)</b>	<b>WG Oatmeal</b> <b>FF Yogurt (2)</b> <b>Orange Pineapple Juice &amp; 1% Milk (2)</b>	<b>WW Bread (2) w/ Peanut Butter &amp; SF Jelly</b> <b>Orange Juice &amp; 1% Milk (2)</b>
<b>Chicken Ranch Pasta Salad</b> <b>California Salad</b> <b>WW Dinner Roll w/ Smart Balance</b> <b>IW Peach</b> <b>SF Pudding Cup</b>	<b>Provencal Tuna Salad</b> <b>Tomato Cucumber Salad</b> <b>WW Bread (2)</b> <b>IW Pineapple Chunks</b>	<b>Meatloaf Sandwich</b> <b>Corn Lima bean and Tomato Salad</b> <b>Spring Mix</b> <b>WG Hamburger Bun</b> <b>IW Mandarin Orange</b> <b>Ketchup</b>	<b>Greek Chicken Quinoa Salad</b> <b>Carrot Raisin Salad</b> <b>Spring Mix</b> <b>WW Crackers (4 pk)</b> <b>Balsamic Dressing</b> <b>WW Dinner Roll w/ Smart Balance</b> <b>IW Pears</b>	<b>Chef's Salad</b> <b>Beans and Corn Salad</b> <b>WW Dinner Roll w/ Smart Balance</b> <b>Lemon Vinaigrette</b> <b>Fresh Apple</b>
<b>Pork Carnitas w/ Tomatillo Sauce</b> <b>Kidney Beans &amp; Garbanzo Beans</b> <b>Fajita Veg Blend</b> <b>WG White Corn Mini Tortilla</b> <b>Fresh Apple</b>	<b>Ground Turkey w/ Picadillo Sauce</b> <b>Red Skin Potatoes</b> <b>Mixed Vegetables</b> <b>WG White Corn Tortilla</b> <b>Fresh Orange</b>	<b>Beef Fajitas</b> <b>Fajita Veg Blend</b> <b>Cilantro Lime Rice</b> <b>WG White Corn Tortillas</b> <b>Broccoli</b> <b>IW Tropical Fruit Mix</b>	<b>Tilapia Fillet w/ Chipotle Mango Dressing</b> <b>Winter Veg Blend</b> <b>Rice Pilaf</b> <b>WG White Corn Tortilla</b> <b>Fresh Apple</b>	<b>Pork Carnitas</b> <b>Mixed Vegetables</b> <b>Tomato Cilantro Rice</b> <b>WG White Corn Mini Tortillas</b> <b>IW Pineapple Chunks</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>**28**</b>	<b>**29**</b>
<b>Hard Boiled Egg</b> <b>WG Oatmeal</b> <b>Granola Honey Bar</b> <b>FF Yogurt (2)</b> <b>Orange Juice &amp; 1% Milk (2)</b>	<b>WG Oatmeal</b> <b>FF Yogurt</b> <b>LF String Cheese</b> <b>Orange-Pineapple Juice &amp; 1% Milk (2)</b>	<b>WG Waffle w/ SF Syrup</b> <b>FF Yogurt (2)</b> <b>Smart Balance</b> <b>Orange Juice &amp; 1% Milk (2)</b>	<b>**Thanksgiving Celebration**</b> <b>Roast Turkey</b> <b>w/ Brown Gravy</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Hawaiian Roll</b> <b>w/ Smart Balance</b> <b>Pumpkin Pie</b> <b>Diet: Fresh Fruit</b>	<b>**Thanksgiving Brunch**</b> <b>Sliced Ham</b> <b>w/Apricot Sauce</b> <b>Sweet Potatoes</b> <b>Collard Greens</b> <b>Parker House Roll</b> <b>w/ Smart Balance</b> <b>Assorted Cake</b> <b>Diet: Fresh Fruit</b>
<b>Mediterranean Chicken Quinoa Salad</b> <b>Tomato Cucumber Salad</b> <b>WW Dinner Roll w/ Smart Balance</b> <b>IW Peach</b>	<b>Mexican Tuna Salad</b> <b>California Salad</b> <b>WW Crackers (4 pk)</b> <b>WW Dinner Roll w/ Smart Balance</b> <b>Ambrosia</b>	<b>Beef Barley Salad w/ Mango Dressing</b> <b>Corn Lima Bean Salad &amp; Tomato Salad</b> <b>Spring Mix</b> <b>WW Dinner Roll w/ Smart Balance</b> <b>Fresh Apple</b>		
<b>Green Chicken Casserole</b> <b>Sliced Carrots</b> <b>Pinto Beans</b> <b>WW Crackers (4 pk)</b> <b>WW Dinner Roll w/ Smart Balance</b> <b>Fresh Orange</b>	<b>Fish Sticks w/ Chipotle Mango Sauce</b> <b>Mixed Vegetables</b> <b>Baby Baker Potatoes</b> <b>WG White Corn Mini Tortillas</b> <b>IW Mandarin Orange</b>	<b>Beef Fajita</b> <b>Fajita Veg Blend</b> <b>Cilantro Lime Rice</b> <b>WG White Corn Tortilla</b> <b>IW Peach</b>		

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.