



## Lactose Free Home Delivered Meals November Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>WG Cheerios LF Yogurt (2) Orange Juice &amp; LF Milk (2)</p> <hr/> <p>Barley, Corn &amp; Mango Salad LS Sliced Turkey Broccoli &amp; Pepper Salad WW Bread (2) Mayonnaise &amp; Mustard IW Pears SF Fruited Gelatin</p> <hr/> <p>Roast Beef w/ Burgundy Sauce Sweet Potatoes Cooked Spinach WW Dinner Roll (2) w/ Smart Balance Fresh Orange</p>
<p>4</p> <p>WG Waffle w/ SF Syrup LF Yogurt (2) Orange Juice &amp; LF Milk (2)</p> <hr/> <p>LF Tarragon Chicken Salad Broccoli &amp; Pepper Salad Spring Mix Orzo Salad IW Mandarin Orange</p> <hr/> <p>Fish Fillet Succotash WG White Corn Mini Tortillas Mexican Rice Ranchera Sauce IW Tropical Fruit Mix</p>	<p>5</p> <p>WW Bread (2) w/ SF Jelly &amp; Smart Balance LF Yogurt (2) Orange-Pineapple Juice &amp; LF Milk (2)</p> <hr/> <p>Crab, Corn &amp; Tomato Salad California Salad WW Dinner Roll (2) w/ Smart Balance Fresh Orange</p> <hr/> <p>Ground Turkey Italian Vegetable Blend Penne Pasta Marinara Sauce IW Pineapple Chunks</p>	<p>6</p> <p>WG Cheerios WW Bread w/ SF Jelly &amp; Smart Balance LF Yogurt (2) Orange-Pineapple Juice &amp; LF Milk (2)</p> <hr/> <p>Greek Salad w/ Garbanzo Beans &amp; Chicken Zucchini &amp; Tomato Salad IW Pears</p> <hr/> <p>Pork Carnitas w/ Verde Sauce Carrots &amp; Peas Cilantro Lime Rice WG White Corn Tortillas Fresh Apple</p>	<p>7</p> <p>WW Bread (2) w/ SF Jelly &amp; Smart Balance WG Oatmeal LF Yogurt (2) Orange Juice &amp; LF Milk (2)</p> <hr/> <p>Creamy Chicken Pesto Salad Tomato Cucumber Salad WW Dinner Roll w/ Smart Balance IW Peach</p> <hr/> <p>Salisbury Steak w/ Mushroom Brown Gravy Broccoli Cuts Mashed Potatoes WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p>	<p>8</p> <p>Granola Honey Bar WG Cheerios LF Yogurt (2) Orange-Pineapple Juice &amp; LF Milk (2)</p> <hr/> <p>Mediterranean Tuna Salad Corn, Lima Beans &amp; Tomato Salad Spring Mix WW Bread Fresh Orange SF Fruited Gelatin</p> <hr/> <p>Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll IW Pineapple Chunks</p>
<p><b>**11**</b> <b>**Veterans Day Celebration**</b></p> <p>Roast Beef w/ LF Mushroom Gravy Baby Baked Potatoes Chef's Cut Veg. Blend Dinner Roll w/Smart Balance Apple Pie Diet: Fresh Fruit</p>	<p>12</p> <p>Hard Boiled Egg (2) WG Raisin Bran Orange-Pineapple Juice &amp; LF Milk (2)</p> <hr/> <p>Couscous w/ LF Feta Cheese Salad Zucchini and Tomato Salad WW Crackers (4 pk) IW Mandarin Orange</p> <hr/> <p>LS Sliced Turkey Florentine Sauce Italian Blend Vegetables Fettuccini WW Dinner Roll (2) w/ Smart Balance Fresh Apple</p>	<p>13</p> <p>WG Cheerios LF Yogurt (2) WW Bread w/ Peanut Butter &amp; SF Jelly Orange Juice &amp; LF Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peaches</p> <hr/> <p>Pulled Pork w/ Chile Verde Pinto Beans Broccoli &amp; Carrots WG White Corn Tortilla (2) IW Pear</p>	<p>14</p> <p>WG Oatmeal WW Bread w/Smart Balance &amp; SF Jelly Orange-Pineapple Juice &amp; LF Milk (2)</p> <hr/> <p>LF Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn &amp; LF Shredded Cheese) WW Crackers (4 pk) Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Diced Chicken w/ Lemongrass Sauce Japanese Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange</p>	<p>15</p> <p>WW Bread (2) w/ Peanut Butter &amp; SF Jelly LF Yogurt (2) Orange Juice &amp; LF Milk (2)</p> <hr/> <p>Diced Chicken Spring Mix Green Pepper &amp; Tomato Salad WW Dinner Roll w/ Smart Balance IW Fruit Mix</p> <hr/> <p>Carne Con Chile w/ Chili Sauce Fajitas Veg. Blend WG White Corn Mini Tortillas Spanish Rice Ambrosia</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
WG Oatmeal LF Yogurt (2) WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2)	WG Raisin Bran LF Yogurt (2) Orange Juice & LF Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	Granola Honey Bar WG Cheerios Orange Juice & LF Milk (2)
LF Chicken Ranch Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peach	Provencal Tuna Salad Tomato Cucumber Salad WW Bread (2) IW Pineapple Chunks SF Fruited Gelatin	Hamburger Spring Mix Corn Lima Bean & Tomato Salad Ketchup WG Hamburger Bun IW Mandarin Orange	LF Greek Chicken Quinoa Salad Spring Mix Coleslaw WW Dinner Roll w/ Smart Balance WW Crackers (4 pk) IW Pear Cup	LF Chef's Salad w/ LS Turkey (Egg, pepper sliced, corn, shredded carrots, cucumber, LF shredded and mozzarella cheese) Spring Mix WW Dinner Roll w/ Smart Balance Lemon Vinaigrette Fresh Apple
Breaded Fish Spanish Rice & WG White Corn Tortilla Broccoli Pico de Gallo Fresh Apple	Turkey Pot Roast w/ Brown Gravy LF Mashed Potatoes Peas & Carrots WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	Chicken Breast w/ Curry Sauce DF Egg Noddle Sliced Carrots WW Crackers (4 pk) IW Tropical Fruit Mix	Roast Beef w/ Brown Gravy Cooked Spinach Jasmine Rice Fresh Apple	Pork Carnitas w/ Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortilla (2) IW Pineapple Chunks
25	26	27	**28**	**29**
Granola Honey Bar WG Oatmeal LF Yogurt (2) Orange Juice & LF Milk (2)	WG Waffle w/ SF Syrup LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WG Oatmeal LF Yogurt (2) Orange Juice & LF Milk (2)	<b>**Thanksgiving Celebration**</b>	
LF Mediterranean Chicken Quinoa Salad Spring Mix Tomato Cucumber Salad WW Dinner Roll (2) w/Smart Balance IW Peach	Mexican Tuna Salad California Salad WW Bread (2) Ambrosia	Beef Barley Salad w/ Mango Dressing Spring Mix Corn Lima Bean & Tomato Salad WW Dinner Roll (2) w/Smart Balance WW Crackers (4 pk) Fresh Apple	Roast Turkey w/ Brown Gravy Mashed Potatoes Green Beans Hawaiian Roll w/ Smart Balance Pumpkin Pie Diet: Fresh Fruit	Sliced Ham w/Apricot Sauce Sweet Potatoes Collard Greens Parker House Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit
LF Meatball Sub w/ Sweet Citrus Glaze California Vegetable Blend Orzo Pilaf Fresh Orange	Fish Fillet w/ Asian Sauce Sliced Carrots Baby Baked Potatoes WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance IW Mandarin Orange	Diced Chicken w/ Vietnamese Caramel Sauce Capri Veg. Blend Jasmin Rice IW Pineapple Chunks		

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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.