







Home Delivered Meals November Menu 2024



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



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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) Chicken Ranch Pasta Salad Spring Mix California Salad WW Dinner Roll w/Smart Balance IW Peaches Breaded Fish Broccoli Spanish Rice WG White Corn Tortilla Pico de Gallo Fresh Apple	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Provencal Tuna Salad Tomato & Cucumber Salad WW Bread (2) IW Pineapple Chunks Turkey Pot Roast Brown Gravy Mashed Potatoes Peas & Carrots WW Crackers (4pk) WW Dinner Roll w/Smart Balance Fresh Orange	WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) Meatloaf Sandwich Spring Mix Corn, Lima Bean & Tomato Salad Ketchup WG Hamburger Bun IW Mandarin Orange Chicken Breast Coconut Curry Sauce Egg Noddle Carrots WW Crackers (4pk) IW Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Greek Chicken Quinoa Salad Coleslaw Salad WW Dinner Roll w/ Smart Balance WW Crackers (4pk) IW Pear Cup Roast Beef Brown Gravy Cooked Spinach Jasmin Rice Fresh Apple	Granola Honey Bar WG Cheerios Orange Juice & 1% Milk (2) Chef's Salad (LS Turkey, Pepper Sliced, Corn, Shredded Swiss Cheese, Carrots, Cucumber) Spring Mix WW Dinner Roll w/Smart Balance Lemon Vinaigrette Fresh Apple Pork Carnitas Tomatillo Sauce Mixed Vegetables WG White Corn Mini Tortillas Tomato Cilantro Rice IW Pineapple Chunks
25 Granola Honey Bar WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chicken Quinoa Salad Spring Mix Tomato & Cucumber Salad WW Dinner Roll w/Smart Balance IW Peaches Chicken Meatballs Sweet Citrus Glaze California Veg Blend Orzo Pilaf WW Dinner Roll w/Smart Balance Fresh Orange	26 WG Waffle w/Smart Balance & SF Syrup FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad California Salad WW Dinner Roll (2) w/Smart Balance Ambrosia Fish Fillet w/Asian Sauce Sliced Carrots Baby Baked Potatoes WW Crackers (4pk) WW Dinner Roll w/Smart Balance IW Mandarin Orange	27 WG Oatmeal LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Beef Barley Salad w/Mango Dressing Spring Mix Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) w/Smart Balance WW Crackers (4pk) Fresh Apple Diced Chicken Vietnamese Caramel Sauce Capri Vegetables Jasmine Rice IW Pineapple Chunks	**28** **Thanksgiving Celebration** Roast Turkey w/ Brown Gravy Mashed Potatoes Green Beans Hawaiian Roll w/ Smart Balance Pumpkin Pie Diet: Fresh Fruit	**29** **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.

