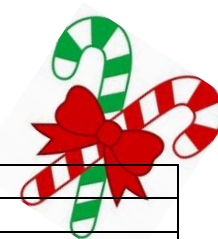
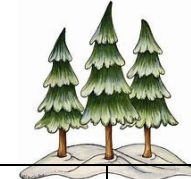
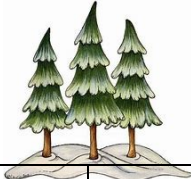


Asian Home Delivered Meals December Menu 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Granola Honey Bar WG Oatmeal LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple</p> <hr/> <p>Chicken w/Rice Noodle & Vegetables Stir-Fried Bok Chow w/Oyster Sauce WW Dinner Roll w/Smart Balance Fresh Apple</p>	<p>3</p> <p>Hard Boiled Egg (2) WG Mini Blueberry Muffin FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Herbed Farro Salad w/ Nuts, Feta & Cucumber California Salad Spring Mix IW Mandarin Orange</p> <hr/> <p>Baked Fish w/Lemongrass Sauce Stir Fry Supreme Veg. Blend Pan Fried Noodles WW Dinner Roll (2) w/Smart Balance Chopped Cilantro Fresh Orange</p>	<p>4</p> <p>WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Roast Turkey Carrot Raisin Salad Spring Mix WW Bread (2) IW Pears SF Pudding Mayonnaise & Mustard</p> <hr/> <p>Chicken in Turmeric Peanut Sauce Green Beans Rice Pilaf WW Dinner Roll w/Smart Balance Chopped Green Onions IW Tropical Fruit Mix</p>	<p>5</p> <p>WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Beef Patty Spring Mix Beans & Corn Salad WG Hamburger Bun Canned Apricot Mayonnaise & Mustard</p> <hr/> <p>Diced Chicken Asian Sauce Oriental Veg Blend Brown Rice Fresh Apple</p>	<p>6</p> <p>Omelet WW Bread w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Vietnamese Beef Curry Carrots Jasmine Rice WW Dinner Roll w/Smart Balance Chopped Onions IW Pineapple Chunks</p>
<p>9</p> <p>WG Oatmeal FF Yogurt LF String Cheese Granola Honey Bar Orange Juice & 1% Milk (2)</p> <hr/> <p>Vietnamese Chicken Salad Confetti Rice Salad Spring Mix WW Crackers (4 pk) IW Peaches</p> <hr/> <p>Pork & Tofu in Caramel Sauce Carrots Brown Rice WW Dinner Roll w/Smart Balance Fresh Apple</p>	<p>10</p> <p>Hard Boiled Egg WG Cheerios Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn & Shredded Cheese) Spring Mix WG White Corn Mini Tortillas Mexican Quinoa Salad Fresh Orange</p> <hr/> <p>Diced Chicken Kung Pao Sauce Oriental Veg Blend Jasmine Rice IW Pears</p>	<p>11</p> <p>WG Raisin Bran FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Tuna Salad Beans & Carrot Salad Asian Marinated Cucumber Salad WW Bread (2) IW Peaches</p> <hr/> <p>Chicken Curry Stir-Fry Supreme Veg Blend Jasmine Rice WW Dinner Roll w/Smart Balance Chopped Green Onion Sesame Seeds Fresh Apple</p>	<p>12</p> <p>WG Waffle w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Cranberry Basil Chicken Salad Tomato Cucumber Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Beef Ragout Broccoli Rice Pilaf WW Dinner Roll w/Smart Balance Chopped Cilantro IW Mandarin Orange</p>	<p>13</p> <p>WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Sliced Turkey Hummus Broccoli & Pepper Salad Corn, Lima Bean & Tomato Salad WW Bread (2) IW Pear</p> <hr/> <p>Stir-Fried Chicken w/ Vegetables Capri Vegetables & Sliced Carrot Pineapple Fried Rice WW Crackers (4 pk) Fresh Orange</p>
<p>16</p> <p>WG Waffle w/ SF Syrup FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix WW Crackers (4 pk) Fresh Apple</p> <hr/> <p>Pork w/ Caramelized Sauce Chopped Cilantro Diced Carrots Jasmine Rice WW Dinner Roll (2) w/Smart Balance IW Tropical Fruit Mix</p>	<p>17</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Crab, Corn & Tomato Salad California Salad WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Chicken in Ginger Sauce Green Beans Pineapple Fried Rice WW Crackers (4 pk) IW Pineapple Chunks</p>	<p>18</p> <p>WW Bread w/ SF Jelly & Smart Balance WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Greek Salad w/ Garbanzo Beans & Chicken Tomato & Zucchini Salad WW Dinner Roll (2) w/ Smart Balance IW Pears</p> <hr/> <p>Fish in Asian Sauce Scandinavian Veg Blend Steamed Rice Chopped Green Onion Fresh Apple</p>	<p>19</p> <p>WW Bread (2) w/Smart Balance & SF Syrup WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Creamy Chicken Pesto Salad Tomatoes & Cucumber Salad Spring Mix WW Dinner Roll w/Smart Balance IW Peach</p> <hr/> <p>Tofu & Pork & Tomato Sauce Stir Fried Bok Choy Steamed Rice WW Crackers (4 pk) IW Mandarin Orange SF Cookie</p>	<p>20</p> <p>WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Mediterranean Tuna Salad Corn, Lima Beans and Tomato Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll (2) w/Smart Balance Fresh Orange</p> <hr/> <p>Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice Fresh Apple SF Pudding Cup</p>





Asian Home Delivered Meals December Menu 2024

MONDAY 23	TUESDAY 24	WEDNESDAY **25** **Holiday Meal**	THURSDAY 26	FRIDAY 27
<p>1st Day of Winter WG Raisin Bran FF Yogurt (2) Granola Honey Bar Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Beef Pot Roast Mashed Potatoes w/ Mushroom Gravy Carrots Dinner Roll w/ Smart Balance Assorted Dessert Diet: Fresh Fruit</p>	<p>Hard Boiled Egg (2) WG Oatmeal Raisins Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Crackers (4 pk) Fresh Apple</p> <hr/> <p>Lemongrass Chicken Carrots & Peas Jasmine Rice Chopped Parsley WW Dinner Roll (2) w/Smart Balance IW Mandarin Orange</p>	<p>Chicken Cordon Bleu Baby Whole Potatoes Chefs Cut Vegetables Parker house Roll w/ Smart Balance Red Velvet Cake Diet: Fresh Fruit</p>	<p>WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) WW Crackers (4 pk) Cilantro Lime Dressing Fresh Apple</p> <hr/> <p>Diced Chicken w/Kung Pao Sauce Oriental Veg Blend Brown Rice WW Dinner Roll (2) w/Smart Balance Fresh Orange</p>	<p>WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Diced Chicken Green Pepper & Tomato Salad Asian Marinated Cucumber Salad WW Crackers (4 pk) IW Tropical Fruit Mix</p> <hr/> <p>Beef Ragout Stir-Fry Bok Choy w/ Oyster Sauce Cilantro Lime Rice WW Dinner Roll (2) w/Smart Balance Fresh Apple</p>
<p style="text-align: center;">30</p> <p>WG Oatmeal LF String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peaches</p> <hr/> <p>Stir-Fry Beef w/ Snow Peas Stir Fried Gai Lan Jasmine Rice WW Crackers (4 pk) Chopped Red Pepper Fresh Apple</p>	<p style="text-align: center;">31</p> <p>WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Provencal Tuna Salad Tomato & Cucumber Salad Spring Mix WW Bread (2) IW Pineapple Chunks SF Pudding</p> <hr/> <p>Diced Chicken w/Lemongrass Sauce Green Beans Pan Fried Noodles WW Dinner Roll w/Smart Balance Fresh Orange</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.