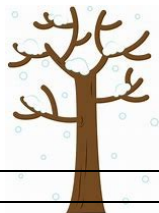




# Hispanic Home Delivered Meals December Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Tuna Salad Black Bean w/ Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple</p> <hr/> <p>Ground Turkey w/ Picadillo Sauce Red Skin Potatoes Scandinavian Veg Blend WG White Corn Tortillas IW Peach</p>	<p><b>3</b></p> <p>WG Blueberry Muffin Hardboiled Egg (2) FF Yogurt (2) Smart Balance Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Herbed Farro Salad w/ Nuts California Salad Spring Mix IW Mandarin Orange</p> <hr/> <p>Pork Carnitas Mixed Vegetables Mexican Rice WG White Corn Tortillas IW Tropical Fruit Mix Assorted SF Cookies</p>	<p><b>4</b></p> <p>WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>WW Bread (2) w/ Roast Turkey Carrot Raisin Mix Spring Mix IW Pears SF Pudding Mayonnaise &amp; Mustard</p> <hr/> <p>Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas Pico de Gallo Fresh Apple</p>	<p><b>5</b></p> <p>WG Oatmeal FF Yogurt LF String Cheese Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>WG Hamburger Bun w/ Beef Patty Beans &amp; Corn Salad Canned Apricot Mayonnaise &amp; Mustard</p> <hr/> <p>Diced Chicken w/ Hui Hui Pineapple Sauce Japanese Veg Blend Rice Pilaf Fresh Orange</p>	<p><b>6</b></p> <p>Plain Omelet Granola Honey Bar FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Zucchini &amp; Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Cubed Beef w/ Chile Verde Sauce Broccoli Brown Rice WG White Corn Tortilla IW Pineapple Chunks</p>
<p><b>9</b></p> <p>WG Oatmeal Granola Honey Bar FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Vietnamese Chicken Salad Spring Mix Confetti Rice Salad WW Crackers (4 pk) IW Peach</p> <hr/> <p>Beef Enchilada Casserole Mixed Veg Cilantro Lime Rice WG White Corn Tortilla Fresh Apple</p>	<p><b>10</b></p> <p>WG Mini Bagel w/ Cream Cheese Orange Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn &amp; Shredded Cheese) Mexican Quinoa Salad WG White Corn Mini Tortillas Fresh Orange</p> <hr/> <p>Carne Con Chile w/ Chili Sauce Scandinavian Veg Blend Homemade Pinto Beans Rice Pilaf IW Pears</p>	<p><b>11</b></p> <p>WG Raisin Bran FF Yogurt (2) Orange Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Tuna Salad Asian Marinated Cucumber Beans and Corn Salad WW Bread (2) IW Peach</p> <hr/> <p>Chicken Tinga w/ Tinga Sauce Diced Carrots Mexican Rice WG White Corn Tortilla Fresh Apple</p>	<p><b>12</b></p> <p>WG Oatmeal FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Cranberry Basil Chicken Salad Tomato Cucumber Salad WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Fish Taco Winter Veg. Blend Baby Baker Potatoes WG White Corn Mini Tortillas Chipotle Mango Dressing IW Mandarin Orange</p>	<p><b>13</b></p> <p>WG Cheerios FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Sliced Turkey Hummus Broccoli &amp; Pepper Salad Barley Corn &amp; Mango Salad WW Bread (2) IW Pears SF Pudding Cup</p> <hr/> <p>Green Chicken Casserole Fajita Veg Blend Pinto Beans WW Dinner Roll (2) w/ Smart Balance Fresh Orange</p>
<p><b>16</b></p> <p>WG Oatmeal Hardboiled Egg (2) FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Tarragon Chicken Salad Broccoli &amp; Pepper Salad Spring Mix WW Crackers (4 pk) IW Mandarin Orange</p> <hr/> <p>Cheese Enchiladas w/ Red Enchilada Sauce Carrots &amp; Peas Spanish Rice WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix</p>	<p><b>17</b></p> <p>WW Bread (2) w/ Peanut Butter &amp; SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Crab, Corn &amp; Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange SF Pudding</p> <hr/> <p>Fish Sticks w/ WG White Corn Mini Tortillas Ranchera Sauce Broccoli &amp; Black Beans IW Pineapple Chunks</p>	<p><b>18</b></p> <p>WG Cheerios FF Yogurt (2) Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Greek Salad w/ Garbanzo Beans &amp; Chicken Zucchini Tomato Salad WW Dinner Roll (2) &amp; Smart Balance IW Pears</p> <hr/> <p>Pork Carnitas w/ Pico de Gallo Cilantro Lime Rice WG White Corn Mini Tortillas Mixed Vegetables Fresh Apple</p>	<p><b>19</b></p> <p>WG Oatmeal WW Bread w/ SF Jelly &amp; Smart Balance Honey Granola Bar FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Creamy Chicken Pesto Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance IW Peach</p> <hr/> <p>Cubed Beef w/ Carne con Chile Sauce Green Beans Tomato Cilantro Rice WG White Corn Tortilla IW Mandarin Orange</p>	<p><b>20</b></p> <p>WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Mediterranean Tuna Salad Corn, Lima Beans &amp; Tomato Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Fajita Plate Chicken Strips Fajita Veg Blend Mexican Rice WG White Corn Mini Tortillas IW Pineapple Chunks</p>





## Hispanic Home Delivered Meals December Menu 2024

MONDAY 23	TUESDAY 24	WEDNESDAY **25**	THURSDAY 26	FRIDAY 27
1 <sup>st</sup> Day of Winter WG Raisin Bran FF Yogurt (2) Granola Honey Bar Orange Juice & 1% Milk (2) <hr/> Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Dinner Roll (2) w/ Smart Balance IW Pears <hr/> Beef Pot Roast Mashed Potatoes w/ Mushroom Gravy Carrots Dinner Roll w/ Smart Balance Assorted Dessert Diet: Fresh Fruit	WG Oatmeal Hardboiled Egg (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Couscous w/ Feta Cheese Salad Zucchini & Tomato Salad WW Crackers (4 pk) Fresh Apple <hr/> Chicken Meatballs Mushroom Cream Sauce Scandinavian Veg Blend Jasmine Rice WW Dinner Roll (2) w/ Smart Balance IW Mandarin Orange	<b>**Holiday Meal**</b>  Chicken Cordon Bleu Baby Whole Potatoes Chefs Cut Vegetables Parker house Roll w/ Smart Balance Red Velvet Cake Diet: Fresh Fruit	WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) <hr/> Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) Cilantro Lime Dressing Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks <hr/> Breaded Fish Pico de Gallo Sauce Sliced Carrots Brown Rice WG White Corn Mini Tortillas Fresh Orange	WG Raisin Bran WW Bread w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Diced Chicken Green Pepper & Tomato Salad Asian Marinated Cucumber WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix <hr/> Carne con Chile w/ Chili Sauce Fajitas Veg Blend Spanish Rice WG White Corn Mini Tortillas Fresh Apple
<b>30</b> WG Oatmeal WW Bread w/ SF Jelly & Smart Balance FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad California Salad WW Dinner Roll w/ Smart Balance IW Peach SF Pudding Cup <hr/> Pork Carnitas w/ Tomatillo Sauce Kidney Beans & Garbanzo Beans Fajita Veg Blend WG White Corn Mini Tortillas Fresh Apple	<b>31</b> Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Provencal Tuna Salad Tomato Cucumber Salad WW Bread (2) IW Pineapple Chunks <hr/> Ground Turkey w/ Picadillo Sauce Red Skin Potatoes Mixed Vegetables WG White Corn Tortillas Fresh Orange			

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.