



Happy Holidays



Lactose Free Home Delivered Meals December Menu 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Mini Bagel w/ SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Tuna Salad Black Beans w/ Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple Chicken Breast w/ Parmesan Sundried Tomato Sauce Corn and Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance IW Peaches	3 Hard Boiled Egg (2) Granola Honey Bar LF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2) LF Herbed Farro Salad w/ Nuts, Feta California Salad WW Dinner Roll w/Smart Balance IW Mandarin Orange LS Turkey w/ Turkey Gravy Sweet Potatoes Scandinavian Veg. Blend WW Crackers (4 pk) IW Fruit Mix	4 WG Raisin Bran LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Roast Turkey Carrot Raisin Salad Spring Mix WW Bread (2) IW Pears Mayonnaise & Mustard Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas Pico de Gallo Fresh Apple	5 WG Oatmeal LF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2) Beef Patty Spring Mix Beans and Corn Salad WG Hamburger Bun Canned Apricot Mayonnaise & Mustard Diced Chicken w/ Hui Hui Pineapple Sauce Oriental Veg. Blend Rice Pilaf Fresh Orange	6 Plain Omelet WW Bread w/Smart Balance & SF Jelly LF Yogurt (2) Orange Juice & LF Milk (2) LF Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Fresh Apple Cubed Beef w/ Ranchera Sauce Broccoli & Carrot Salad Brown Rice WG White Corn Tortillas IW Pineapple Chunks
9 Granola Honey Bar LF Yogurt (2) WW Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (2) Vietnamese Chicken Salad Confetti Rice Salad WW Crackers (4 pk) IW Peaches Omelet and Chicken Sausage (breakfast for dinner) Baby Baked Potatoes Capri Vegetables WW Dinner Roll w/Smart Balance Fresh Apple	10 WG Cheerios Orange-Pineapple Juice & LF Milk (2) LF Pork Taco Bowl (Pinto Beans, Corn and LF Shredded Cheese) Spring Mix WG White Corn Mini Tortillas Mexican Quinoa Salad Fresh Orange Diced Chicken w/Kung Pao Sauce Oriental Veg Blend Jasmine Rice IW Pears	11 WG Raisin Bran LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Tuna Salad Beans & Corn Salad Coleslaw Salad WW Bread (2) IW Peaches Chicken Tinga w/Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla Fresh Apple	12 WW Bread w/ Peanut Butter & SF Jelly WG Oatmeal LF Yogurt (2) Orange Juice & LF Milk (2) LF Cranberry Basil Chicken Salad WW Dinner Roll w/ Smart Balance WW Crackers (4 pk) IW Tropical Fruit Mix Fish Sticks w/ WG White Corn Mini Tortillas Baby Baker Potatoes Winter Veg Blend Chipotle Mango Dressing IW Mandarin Orange	13 WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Barley, Corn & Mango Salad LS Sliced Turkey Broccoli & Pepper Salad WW Bread (2) Mayonnaise & Mustard IW Pears SF Fruited Gelatin Roast Beef w/ Burgundy Sauce Sweet Potatoes Cooked Spinach WW Dinner Roll (2) w/ Smart Balance Fresh Orange
16 WG Waffle w/ SF Syrup LF Yogurt (2) Orange Juice & LF Milk (2) LF Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix Orzo Salad IW Mandarin Orange Fish Fillet Succotash WG White Corn Mini Tortillas Mexican Rice Ranchera Sauce IW Tropical Fruit Mix	17 WW Bread (2) w/ SF Jelly & Smart Balance LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Crab, Corn & Tomato Salad California Salad WW Dinner Roll (2) w/ Smart Balance Fresh Orange Ground Turkey Italian Vegetable Blend Penne Pasta Marinara Sauce IW Pineapple Chunks	18 WG Cheerios WW Bread w/ SF Jelly & Smart Balance LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad IW Pears Pork Carnitas w/ Verde Sauce Carrots & Peas Cilantro Lime Rice WG White Corn Tortillas Fresh Apple	19 WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal LF Yogurt (2) Orange Juice & LF Milk (2) Creamy Chicken Pesto Salad Tomato Cucumber Salad WW Dinner Roll w/ Smart Balance IW Peach Salisbury Steak w/ Mushroom Brown Gravy Broccoli Cuts Mashed Potatoes WW Dinner Roll w/ Smart Balance IW Mandarin Orange	20 Granola Honey Bar WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Bread (2) Fresh Orange SF Fruited Gelatin Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks

Voluntary Contribution \$5.25 per day

www.MealsOnWheelsOC.org

TURN OVER





Lactose Free Home Delivered Meals December Menu 2024

MONDAY 23	TUESDAY 24	WEDNESDAY **25**	THURSDAY 26	FRIDAY 27
<p>1st Day of Winter WG Cheerios WW Bread & SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (2)</p> <hr/> <p>Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance IW Pears</p> <hr/> <p>Beef Pot Roast LF Mashed Potatoes w/ LF Mushroom Gravy Carrots Dinner Roll w/ Smart Balance Assorted Dessert Diet: Fresh Fruit</p>	<p>Hard Boiled Egg (2) WG Raisin Bran Orange-Pineapple Juice & 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>**Holiday Meal**</p> <p>Chicken Breast w/ Mushroom Brown Gravy Baby Whole Potatoes Chefs Cut Vegetables Parker house Roll w/ Smart Balance Cherry Pie Diet: Fresh Fruit LF Milk</p>	<p>WG Oatmeal WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2)</p> <hr/> <p>LF Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & LF Shredded Cheese) WW Crackers (4 pk) Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Diced Chicken w/ Lemongrass Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange</p>	<p>WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange Juice & LF Milk (2)</p> <hr/> <p>Diced Chicken Spring Mix Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Carne Con Chile w/ Chili Sauce Fajitas Veg. Blend WG White Corn Mini Tortillas Spanish Rice Ambrosia</p>
30	31			
<p>WG Oatmeal LF Yogurt (2) WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2)</p> <hr/> <p>LF Chicken Ranch Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peach</p> <hr/> <p>Breaded Fish Spanish Rice & WG White Corn Tortilla Broccoli Pico de Gallo Fresh Apple</p>	<p>WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2)</p> <hr/> <p>Provencal Tuna Salad Tomato Cucumber Salad WW Bread (2) IW Pineapple Chunks SF Fruited Gelatin</p> <hr/> <p>Turkey Pot Roast w/ Brown Gravy LF Mashed Potatoes Peas & Carrots WW Crackers (4 pk) 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.