



Home Delivered Meals December Menu 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	Hard Boiled Egg (2) Granola Honey Bar FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)	Omelet WW Bread w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)
Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) w/Smart Balance Fresh Apple	Herbed Farro Salad w/Nuts, Feta & Cucumber California Salad WW Dinner Roll w/Smart Balance IW Mandarin Orange	Roast Turkey Carrot Raisin Salad Spring Mix WW Bread (2) IW Pears SF Pudding Mayonnaise & Mustard	Beef Patty Spring Mix Beans & Corn Salad WG Hamburger Bun Canned Apricot Mayonnaise & Mustard	Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Fresh Apple
Chicken Breast Parmesan Sundried Tomato Sauce Corn & Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance IW Peach	LS Turkey Turkey Gravy Sweet Potatoes Scandinavian Veg. Blend WW Crackers (4pk) Smart Balance IW Tropical Fruit Mix	Barbacoa Beef Fiesta Vegetable Mix WG Mini Corn Tortillas Pico de Gallo Fresh Apple	Diced Chicken Hui Hui Pineapple Sauce Oriental Veg Blend Rice Pilaf Fresh Orange	Cubed Beef Ranchera Sauce Broccoli & Carrots WG White Corn Tortillas Brown Rice IW Pineapple Chunks
9	10	11	12	13
Hard Boiled Egg Granola Honey Bar WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Cheerios Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter w/ SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)
Vietnamese Chicken Salad Confetti Rice Salad WW Crackers (4pk) IW Peaches	Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG Mini Corn Tortillas (4) Fresh Orange	Tuna Salad Beans & Corn Salad Coleslaw Salad WW Bread (2) IW Peaches	Cranberry Basil Chicken Salad WW Crackers (4 pk) WW Dinner Roll IW Tropical Fruit Mix	LS Sliced Turkey Broccoli & Pepper Salad WW Bread (2) IW Pears SF Pudding Cup Mayonnaise & Mustard
Breakfast for Dinner Omelet Chicken Sausage (2) Baby Baked Potatoes Capri Veg Blend WW Bread (2) w/Smart Balance Fresh Apple	Diced Chicken Kung Pao Sauce Oriental Veg Blend Jasmine Rice IW Pears	Chicken Tinga Carrots Spanish Rice WG Tortilla Fresh Apple	Cheese Ravioli w/ Marinara Sauce Broccoli Italian Veg Blend WW Dinner Roll w/ Smart Balance IW Mandarin Orange	Roast Beef w/ Burgundy Sauce Sweet Potatoes Cooked Spinach WW Dinner Roll (2) w/ Smart Balance Fresh Orange
16	17	18	19	20
WG Waffle w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (2)	WW Bread (2) w/ SF Jelly & Smart Balance FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran WW Bread w/ SF Jelly & Smart Balance FF Yogurt Cottage Cheese Orange-Pineapple Juice & 1% Milk (2)	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)
Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix Orzo Salad IW Mandarin Orange	Crab, Corn and Tomato Salad California Salad WW Dinner Roll (2) & Smart Balance Fresh Orange SF Pudding Cup	Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears	Creamy Chicken Pesto Salad Tomato Cucumber Salad WW Dinner Roll w/ Smart Balance IW Peach	Mediterranean Tuna Salad Spring Mix Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) Fresh Orange
Fish Fillet Ranchera Sauce Succotash Mexican Rice WG White Mini Corn Tortilla IW Tropical Fruit Mix	LS Ground Turkey Italian Vegetable Blend Penne Pasta Parmesan Cheese & Marinara Sauce IW Pineapple Chunks	Pork Carnitas w/ Verde Sauce Carrots & Peas Cilantro Lime Rice WG White Corn Tortilla Fresh Apple	Salisbury Steak Mushroom Brown Gravy Broccoli Cuts Mashed Potatoes WW Dinner Roll w/ Smart Balance IW Mandarin Orange	Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll & Smart Balance IW Pineapple Chunks SF Pudding Cup

Voluntary Contribution \$5.25 per day


www.MealsOnWheelsOC.org


TURN OVER





Home Delivered Meals December Menu 2024

MONDAY 23	TUESDAY 24	WEDNESDAY **25** **Holiday Meal**	THURSDAY 26	FRIDAY 27
1 st 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 Crackers (4 pk) WW Dinner Roll 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	Hard Boiled Egg (2) WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) <hr/> Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Crackers (4pk) IW Mandarin Orange <hr/> LS Sliced Turkey Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) w/ Smart Balance Fresh Apple	Chicken Cordon Bleu Baby Whole Potatoes Chefs Cut Vegetables Parker house Roll w/ Smart Balance Red Velvet Cake Diet: Fresh Fruit	WG Oatmeal WW Bread (2) w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) <hr/> Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) WW Crackers (4pk) Cilantro Lime Dressing IW Pineapple Chunks <hr/> LS Diced Chicken w/ Lemongrass Sauce Japanese Veg Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	WG Raisin Bran WW Bread w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Diced Chicken Green Pepper & Tomato Salad WW Crackers (4pk) IW Tropical Fruit Mix <hr/> Mushroom & Spinach Quiche Baby Baked Potatoes 5-Way Mixed Veg WW Dinner Roll (2) w/Smart Balance Ambrosia
30 WG Oatmeal LF String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad Spring Mix California Salad WW Dinner Roll w/Smart Balance IW Peaches <hr/> Breaded Fish Broccoli Spanish Rice WG White Corn Tortilla Pico de Gallo Fresh Apple	31 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Provencal Tuna Salad Tomato & Cucumber Salad WW Bread (2) IW Pineapple Chunks <hr/> Turkey Pot Roast Brown Gravy Mashed Potatoes Peas & Carrots WW Crackers (4pk) WW Dinner Roll w/Smart Balance 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.