






# Vegetarian Home Delivered Meals December Menu 2024


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p>WG Mini Bagel (2) Cream Cheese FF Yogurt (2) Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Classic Egg Salad Sandwich Black Beans &amp; Lentil Salad WW Bread (2) IW Pears</p> <hr/> <p>Vegan Fillet Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix</p>	<p>Hard Boiled Egg (2) FF Yogurt (2) WW Bread (2) w/Smart Balance &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Herbed Farro Salad w/ Nuts, Feta &amp; Cucumber Chickenless Strips California Salad Spring Mix IW Mandarin Orange</p> <hr/> <p>Cheese Ravioli Marinara Sauce Broccoli Polenta WW Dinner Roll w/Smart Balance IW Peaches</p>	<p>WG Cheerios FF Yogurt (2) WW Bread w/Smart Balance &amp; SF Jelly Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Pasta w/ Butternut Squash &amp; Feta Cheese Tofu Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Meatless Meatball Fiesta Vegetable Mix Cilantro Lime Rice WW Crackers (2pk) Fresh Apple</p>	<p>WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Veggie Burger Spring Mix Beans &amp; Corn Salad WG Hamburger Bun Canned Apricot Mayonnaise &amp; Mustard</p> <hr/> <p>Tofu Cutlet Asian Sauce Oriental Veg Blend Rice Pilaf IW Mandarin Orange</p>	<p>Omelet WG Muffin FF Yogurt (2) WW Bread w/Smart Balance &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chickenless Ranch Pasta Salad Zucchini &amp; Tomato Salad WW Dinner Roll w/Smart Balance IW Peaches</p> <hr/> <p>Chickenless Tenders Ranchera Sauce Winter Veg Blend Pinto Beans WG White Corn Tortillas IW Pineapple Chunks</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>WG Oatmeal WW Bread w/Smart Balance &amp; SF Jelly FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Vietnamese Chickenless Salad Confetti Rice Salad WW Crackers (4 pk) IW Peaches</p> <hr/> <p>Meatless Meatballs Veg Country Mushroom Gravy Sweet Potatoes Italian Vegetable Blend WW Dinner Roll (2) w/Smart Balance IW Tropical Fruit Mix</p>	<p>WG Cheerios FF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Vegetarian Taco Salad (Chickenless Strips, Pinto Beans, Corn and Shredded Cheese) Mexican Quinoa Salad WG White Corn Mini Tortillas Fresh Orange</p> <hr/> <p>Breaded Chickenless Patty Apricot Sauce Mashed Potatoes Succotash WW Dinner Roll w/Smart Balance IW Pears</p>	<p>WW Bread (2) w/Smart Balance &amp; SF Jelly FF Yogurt (2) Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Curry Chickenless Salad Asian Marinated Cucumber WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Peaches</p> <hr/> <p>Mushroom Spinach Quiche Roasted Baby Potatoes Scandinavian Veg. Blend WW Dinner Roll w/Smart Balance Fresh Orange</p>	<p>WW Bread w/Smart Balance &amp; SF Jelly WG Raisin Bran FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chickenless Cranberry Salad Tomato Cucumber Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Tofu Cutlet Veg. Coconut Curry Sauce Diced Carrots Jasmin Rice IW Mandarin Orange</p>	<p>WG Cheerios FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Veggie Burger Broccoli &amp; Pepper Salad Spring Mix WG Hamburger Bun Mayonnaise &amp; Mustard IW Pears SF Egg Custard</p> <hr/> <p>Chickenless Tenders Mixed Vegetables Fettuccini Pasta Veg Creole Sauce WW Dinner Roll w/Smart Balance Fresh Orange</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>WG Oatmeal FF Yogurt (2) Honey Granola Bar Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Vegetarian Tarragon Chickenless Salad Broccoli &amp; Pepper Salad Spring Mix WW Dinner Roll (2) w/Smart Balance IW Mandarin Orange</p> <hr/> <p>Breaded Chickenless Patty Oriental Veg Blend Veg Spanish Rice Veg Lemongrass Sauce IW Tropical Fruit Mix</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>Tuscan Cutlet Tofu &amp; White Bean Salad California Salad WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Meatless Meatball Vegetarian Mushroom Brown Gravy Mashed Potato Carrots WW Dinner Roll w/Smart Balance IW Pineapple Chunks</p>	<p>WG Waffle w/ SF Syrup &amp; Smart Balance WW Bread w/ Cottage Cheese FF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Classic Egg Salad Sandwich Tomato &amp; Zucchini Salad Spring Mix WW Bread (2) IW Pears</p> <hr/> <p>Chickenless Tenders Veg Florentine Sauce Capri Vegetables Veg Cilantro Lime Rice Fresh Apple</p>	<p>Hard Boiled Egg (2) WW Bread (2) w/ SF Jelly &amp; Smart Balance FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Vegetarian Creamy Chickenless Pesto Salad Tomato Cucumber Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) IW Peach</p> <hr/> <p>Macaroni &amp; Cheese Stew Tomatoes Scandinavian Veg Blend WW Dinner Roll w/Smart Balance IW Mandarin Orange</p>	<p>WW Bread w/ SF Jelly &amp; Smart Balance WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Harvest Salad w/ Cranberries &amp; Almonds Chickenless Strips Italian Dressing Corn, Lima Beans &amp; Tomato Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Fresh Orange</p> <hr/> <p>Vegan Fish Fillet Mixed Vegetables Brown Rice Veg Lemon Herb Sauce IW Pineapple Chunks</p>





## Vegetarian Home Delivered Meals December Menu 2024

MONDAY 23	TUESDAY 24	WEDNESDAY **25** **Holiday Meal**	THURSDAY 26	FRIDAY 27
<p>1<sup>st</sup> Day of Winter WW Bread (2) w/ Peanut Butter &amp; SF Jelly FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chickenless Green Bean &amp; Tomato Salad Healthy Veggie Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Pears</p> <hr/> <p>Breaded Chickenless Patty Mashed Potatoes w/ VG Mushroom Gravy Carrots Dinner Roll w/ Smart Balance Assorted Dessert Diet: Fresh Fruit</p>	<p>Hard Boiled Egg (2) WG Oatmeal Granola Honey Bar Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Tomato &amp; Zucchini Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Breaded Chickenless Patty w/ Vegetarian Gravy Italian Vegetable Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Mandarin Orange</p>	<p>Chickenless Tenders w/ VG Mushroom Brown Gravy Baby Whole Potatoes Chefs Cut Vegetables Parker house Roll w/ Smart Balance Red Velvet Cake Diet: Fresh Fruit 1% Milk</p>	<p>WG Oatmeal FF Yogurt WW Bread w/Smart Balance &amp; SF Jelly Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Veg Taco Salad (Chickenless Strips, Pinto Beans, Corn &amp; Cheese) Spring Mix WW Crackers (4 pk) Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Vegan Fillet w/ Tartar Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/Smart Balance Fresh Orange</p>	<p>WG Raisin Bran WW Bread w/Smart Balance &amp; SF Jelly FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chickenless Strips Green Pepper &amp; Tomato Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Spinach &amp; Mushroom Quiche 5-Way Mixed Vegetables Baby Baked Potatoes WW Dinner Roll w/Smart Balance Fresh Apple</p>
<p>30</p> <p>WG Oatmeal FF Yogurt (2) WW Bread w/Smart Balance &amp; SF Jelly Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Chickenless Ranch Pasta Salad Spring Mix California Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Peach</p> <hr/> <p>Chickenless Strips Polynesian Sauce Scandinavian Veg Blend Jasmin Rice IW Pineapple Chunks</p>	<p>31</p> <p>WG Raisin Bran FF Yogurt LF String Cheese Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Provençal Tofu Salad Tomato &amp; Cucumber Salad WW Bread (2) IW Pineapple Chunks SF Cookie</p> <hr/> <p>Breaded Chickenless Patty Vegetarian Chile Verde Sauce Pinto Beans Broccoli WW Dinner Roll (2) 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.