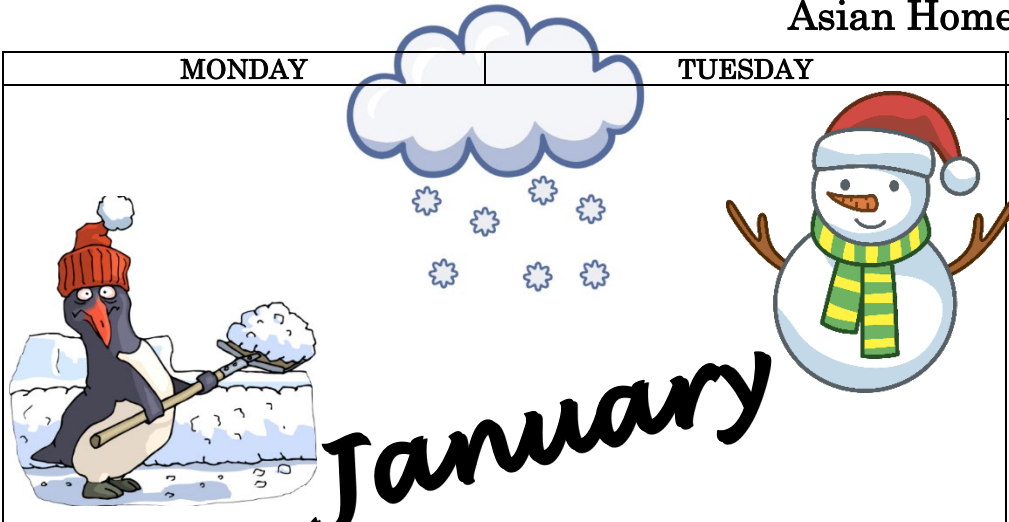




Asian Home Delivered Meals January Menu 2025




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="font-size: 4em; margin: 0;">January</h1>				
1 ** NEW YEAR'S DAY CELEBRATION **				
				
6	7	8	9	10
WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chicken Quinoa Salad Cucumber Salad Spring Mix WW Dinner Roll (2) w/Smart Balance IW Peaches Pork in Five Spice Sauce Stir Fried Bok Choy w/ Oyster Sauce Orzo Pilaf WW Crackers (4 pk) Chopped Cilantro Fresh Orange	WG Waffle w/ Smart Balance SF Syrup LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad California Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Ambrosia Chicken Meatballs Curry Pineapple Sauce Peas & Carrots Jasmine Rice WW Dinner Roll w/Smart Balance IW Mandarin Orange	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Beef Barley Salad w/ Mango Dressing Spring Mix Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Fresh Apple Diced Chicken w/ Caramel Sauce Capri Vegetables Jasmine Rice IW Peaches	WG Oatmeal Granola Honey Bar Hardboiled Egg Orange-Pineapple Juice & 1% Milk (2) Heart Healthy Garbanzo Salad Beets Orange Salad WW Crackers (4pk) SF Cookie WW Dinner Roll w/ Smart Balance Fresh Orange Pork Tenderloin Honey Garlic Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad Tomato & Cucumber Salad WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance IW Mandarin Orange Shrimp and Pork in Hot Sauce Stir Fry Supreme Veg. Blend Pineapple Fried Rice Sesame Seeds/Chopped Onions IW Peaches
13	14	15	16	17
Granola Honey Bar WG Oatmeal LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple Chicken w/ Rice Noodle & Vegetables Stir-Fried Bok Chow w/Oyster Sauce WW Dinner Roll w/Smart Balance Fresh Apple	Hard Boiled Egg (2) WG Mini Blueberry Muffin FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Herbed Farro Salad w/ Nuts, Feta & Cucumber California Salad Spring Mix IW Mandarin Orange Baked Fish w/Lemongrass Sauce Stir Fry Supreme Veg. Blend Pan Fried Noodles WW Dinner Roll (2) w/Smart Balance Chopped Cilantro Fresh Orange	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Roast Turkey Carrot Raisin Salad & Spring Mix IW Pears SF Pudding Mayonnaise & Mustard Chicken in Turmeric Peanut Sauce Green Beans Rice Pilaf WW Dinner Roll w/Smart Balance Chopped Green Onions IW Tropical Fruit Mix	WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Beans & Corn Salad Canned Apricot Mayonnaise & Mustard Diced Chicken Asian Sauce Oriental Veg Blend Brown Rice Fresh Apple	Omelet (Plain) WW Bread w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Apple Vietnamese Beef Curry Carrots Jasmine Rice WW Dinner Roll w/Smart Balance Chopped Onions IW Pineapple Chunks



Asian Home Delivered Meals January Menu 2025

MONDAY **20**	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<p>**MLK DAY CELEBRATION** Pork & Tofu in Caramel Sauce Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk</p> 	<p>Hard Boiled Egg WG Cheerios Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Pork Taco Bowl (Pork, Pinto Beans, Corn & Shredded Cheese) Spring Mix WG White Corn Mini Tortillas (4) Mexican Quinoa Salad Fresh Orange</p> <hr/> <p>Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Jasmine Rice IW Pears</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>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>WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Turkey Sandwich WW Bread (2) w/ Sliced Turkey Broccoli & Pepper Salad Corn, Lima Bean & Tomato Salad Hummus IW Pear</p> <hr/> <p>Stir-Fried Chicken w/ Vegetables Capri Vegetables & Sliced Carrot Pineapple Fried Rice WW Crackers (4 pk) Fresh Orange</p>
27	28	**29**	30	31
<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>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>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>**LUNAR NEW YEAR** Fish In Asian Sauce Chopped Green Onion Scandinavian Veg. Blend Steamed Rice Fresh Apple</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>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>

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.

Voluntary Contribution \$5.25 per day

www.MealsOnWheelsOC.org