





Hispanic Home Delivered Meals January Menu 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
|  | | <p>**1**</p> <p>** NEW YEAR'S DAY CELEBRATION **</p> <p>Colorful Frittata Tater Tots Chicken Apple Sausage Croissant w/ Smart Balance SF Cookie 1% Milk</p>  | <p>2</p> <p>WG Oatmeal FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2)</p> <p>Greek Chicken Quinoa Salad Carrot Raisin Spring Mix WW Crackers (4pk) Balsamic Dressing WW Dinner Roll w/ Smart Balance IW Pears</p> <p>Tilapia Fillet w/ Chipotle Mango Dressing Winter Veg Blend Rice Pilaf WG White Corn Tortilla (1) Fresh Apple</p> | <p>3</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <p>Chef's Salad (LS Sliced Turkey, Peppers, Corn, Shredded Carrots, Cucumber, Swiss Cheese) Beans and Corn Salad WW Dinner Roll w/Smart Balance Lemon Vinaigrette Fresh Apple</p> <p>Pork Carnitas Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks</p> |
| | | <p>6</p> <p>Hard Boiled Egg WG Oatmeal Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <p>Mediterranean Chicken Quinoa Tomato Cucumber Salad WW Dinner Roll w/ Smart Balance IW Peach</p> <p>Green Chicken Casserole Sliced Carrots Pinto Beans WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Fresh Orange</p> | <p>7</p> <p>WG Oatmeal FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <p>Mexican Tuna Salad California Salad WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Ambrosia</p> <p>Fish Tacos Fish Sticks w/ WG White Corn Mini Tortillas (4) Chipotle Mango Sauce Mixed Vegetables Baby Baker Potatoes IW Mandarin Orange</p> | <p>8</p> <p>WG Waffle w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <p>Beef Barley Salad w/ Mango Dressing Corn Lima Bean Salad & Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Fresh Apple</p> <p>Beef Fajita Fajita Veg Blend Cilantro Lime Rice WG White Corn Tortilla (2) IW Peach</p> |
| <p>13</p> <p>WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2)</p> <p>Tuna Salad Black Bean w/ Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple</p> <p>Ground Turkey w/ Picadillo Sauce Red Skin Potatoes Scandinavian Veg Blend WG White Corn Tortillas (2) IW Peach</p> | <p>14</p> <p>WG Blueberry Muffin Hardboiled Egg (2) FF Yogurt (2) Smart Balance Orange Juice & 1% Milk (2)</p> <p>Herbed Farro Salad w/ Nuts California Salad Spring Mix IW Mandarin Orange</p> <p>Pork Carnitas Mixed Vegetables Mexican Rice WG White Corn Tortillas IW Tropical Fruit Mix Assorted SF Cookies (1 pk)</p> | <p>15</p> <p>WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <p>Turkey Sandwich WW Bread (2) w/ Roast Turkey Carrot Raisin Spring Mix IW Pears SF Pudding Mayonnaise & Mustard</p> <p>Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (4) Pico de Gallo Fresh Apple</p> | <p>16</p> <p>WG Oatmeal FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <p>Beef Hamburger WG Hamburger Bun w/ Beef Patty Beans & Corn Salad Canned Apricot Mayonnaise & Mustard</p> <p>Diced Chicken w/ Hui Hui Pineapple Sauce Oriental Veg Blend Rice Pilaf Fresh Orange</p> | <p>17</p> <p>Omelet (Plain) Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <p>Chicken Ranch Pasta Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Fresh Apple</p> <p>Cubed Beef w/ Chile Verde Sauce Broccoli Brown Rice WG White Corn Tortillas (2) IW Pineapple Chunks</p> |



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| MONDAY **20** | TUESDAY 21 | WEDNESDAY 22 | THURSDAY 23 | FRIDAY 24 |
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| **MLK DAY CELEBRATION** Beef Enchilada Casserole Mixed Veg Cilantro Lime Rice WG White Corn Tortilla (1) Fresh Apple 1% Milk  | WG Mini Bagel w/ Cream Cheese Orange Pineapple Juice & 1% Milk (2) Pork Taco Bowl (Pork, Pinto Beans, Corn, Shredded Cheese) Mexican Quinoa Salad WG White Corn Mini Tortillas (4) Fresh Orange Carne Con Chile w/ Chili Sauce Scandinavian Veg Blend Homemade Pinto Beans Rice Pilaf IW Pears | WG Raisin Bran FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2) Tuna Salad Asian Marinated Cucumber Beans and Corn Salad WW Bread (2) IW Peach Chicken Tinga w/ Tinga Sauce Diced Carrots Mexican Rice WG White Corn Tortilla (1) Fresh Apple | WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chicken Salad Tomato Cucumber Salad WW Crackers (4pk) WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix Fish Tacos Fish Sticks w/ WG White Corn Mini Tortillas (4) Winter Veg. Blend Chipotle Mango Dressing IW Mandarin Orange | WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey Barley, Corn & Mango Salad Broccoli & Pepper Salad Hummus IW Pears SF Pudding Cup Green Chicken Casserole Fajitas Veg Blend Pinto Beans WW Dinner Roll (2) w/ Smart Balance Fresh Orange |
| 27 WG Oatmeal Hardboiled Egg (2) FF Yogurt (2) Orange Juice & 1% Milk (2) Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix WW Crackers (4 pk) IW Mandarin Orange Cheese Enchiladas w/ Red Enchilada Sauce Carrots & Peas Spanish Rice WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix | 28 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Crab, Corn & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange SF Pudding Fish Tacos Fish Sticks w/ WG White Corn Mini Tortillas (4) Ranchera Sauce Broccoli & Black Beans IW Pineapple Chunks | **29** WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini Tomato Salad WW Dinner Roll (2) & Smart Balance IW Pears **LUNAR NEW YEAR** Pork Carnitas w/ Pico de Gallo Cilantro Lime Rice WG White Corn Mini Tortillas (2) Mixed Vegetables Fresh Apple | 30 WG Oatmeal WW Bread w/ SF Jelly & Smart Balance Honey Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Creamy Chicken Pesto Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance IW Peach Cubed Beef w/ Carne con Chile Sauce Green Beans Tomato Cilantro Rice WG White Corn Tortilla (1) IW Mandarin Orange | 31 WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Orange Fajita Plate Chicken Strips w/ Fajita Veg Blend Mexican Rice WG White Corn Tortilla (1) IW Pineapple Chunks |

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.

Voluntary Contribution \$5.25 per day