

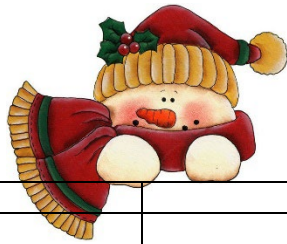


Lactose Home Delivered Meals January Menu 2025




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>**1**</p> <p>** NEW YEAR'S DAY CELEBRATION **</p> <p>LF Colorful Frittata Baby Whole Potatoes Chicken Sausage (1) Croissant w/ Smart Balance Diet: Fresh Fruit LF Milk</p>	<p>2</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)</p> <p>LF Greek Chicken Quinoa Salad Spring Mix Coleslaw Salad WW Dinner Roll w/ Smart Balance WW Crackers (4pk) IW Pear Cup</p> <p>Roast Beef w/ Brown Gravy Cooked Spinach Jasmine Rice Fresh Apple</p>	<p>3</p> <p>Granola Honey Bar WG Cheerios Orange Juice & LF Milk (2)</p> <p>LF Chef's Salad w/ LS Turkey (Egg, Peppers, Corn, Shredded Carrots, Cucumber, LF Shredded Cheese) Spring Mix WW Dinner Roll w/ Smart Balance Lemon Vinaigrette Fresh Apple</p> <p>Pork Carnitas w/ Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice Mini White Corn Tortilla (2) IW Pineapple Chunks</p>
		<p>6</p> <p>WG Oatmeal LF Yogurt (2) Granola Honey Bar Orange Juice & LF Milk (2)</p> <p>LF Mediterranean Chicken Quinoa Salad Spring Mix Tomato Cucumber Salad WW Dinner Roll (2) w/Smart Balance IW Peach</p> <p>LF Meatball Sub w/ Sweet Citrus Glaze California Vegetable Blend Orzo Pilaf Fresh Orange</p>	<p>7</p> <p>WG Waffle w/ Syrup & Smart Balance LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)</p> <p>Mexican Tuna Salad California Salad WW Bread (2) Ambrosia</p> <p>Fish Fillet w/ Asian Sauce Sliced Carrots Baby Baker Potatoes WW Crackers (4pk) WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p>	<p>8</p> <p>WG Oatmeal LF Yogurt (2) Orange Juice & LF Milk (2)</p> <p>Barley Salad w/ Slice Beef & Mango Dressing Spring Mix Corn Lima Bean & Tomato Salad WW Dinner Roll (2) w/Smart Balance WW Crackers Fresh Apple</p> <p>Diced Chicken w/ Vietnamese Caramel Sauce Capri Veg. Blend Jasmin Rice IW Pineapple Chunks</p>
<p>13</p> <p>WG Mini Bagel w/ SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)</p> <p>Tuna Salad Black Beans w/ Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple</p> <p>Chicken Breast w/ Parmesan Sundried Tomato Sauce Corn and Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance IW Peaches</p>	<p>14</p> <p>Hard Boiled Egg (2) Granola Honey Bar LF Yogurt (2)</p> <p>WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2)</p> <p>LF Herbed Farro Salad w/ Nuts, Feta & Cucumber California Salad WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p> <p>LS Turkey w/ Turkey Gravy Sweet Potatoes Scandinavian Veg. Blend WW Crackers (4 pk) IW Tropical Fruit Mix</p>	<p>15</p> <p>WG Raisin Bran LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)</p> <p>Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Carrot Raisin Salad Spring Mix IW Pears 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 LF Yogurt (2)</p> <p>WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2)</p> <p>Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Beans and 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) WW Bread w/Smart Balance & SF Jelly LF Yogurt (2) Orange Juice & LF Milk (2)</p> <p>LF Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Fresh Apple</p> <p>Cubed Beef w/ Ranchera Sauce Broccoli & Carrot Salad Brown Rice WG White Corn Tortillas (2) IW Pineapple Chunks</p>





Lactose Home Delivered Meals January Menu 2025

MONDAY **20**	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<p>**MLK DAY CELEBRATION** Breakfast for Dinner Omelet Chicken Sausage (2) Baby Baked Potatoes Capri Vegetables WW Dinner Roll w/Smart Balance Fresh Apple LF Milk</p> 	<p>WG Cheerios Orange-Pineapple Juice & LF Milk (2) LF Pork Taco Bowl (Pork, Pinto Beans, Corn and LF 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 LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)</p> <hr/> <p>Tuna Salad Beans & Corn Salad Coleslaw Salad WW Bread (2) IW Peaches</p> <hr/> <p>Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (1) Fresh Apple</p>	<p>WW Bread w/ Peanut Butter & SF Jelly WG Oatmeal LF Yogurt (2) Orange Juice & LF Milk (2)</p> <hr/> <p>LF Cranberry Basil Chicken Salad WW Dinner Roll w/ Smart Balance WW Crackers (4 pk) IW Tropical Fruit Mix</p> <hr/> <p>Fish Tacos Fish Sticks WG White Corn Mini Tortillas (2) Baby Baker Potatoes Winter Veg Blend Chipotle Mango Dressing IW Mandarin Orange</p>	<p>WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2)</p> <hr/> <p>Turkey Sandwich WW Bread (2) w/ LS Sliced Turkey Broccoli & Pepper Salad Barley, Corn & Mango Salad Mayonnaise & Mustard IW Pears SF Fruited Gelatin</p> <hr/> <p>Roast Beef w/ Burgundy Sauce Sweet Potatoes Cooked Spinach WW Dinner Roll (2) w/ Smart Balance Fresh Orange</p>
<p>27</p> <p>WG Waffle w/ SF Syrup LF Yogurt (2) Orange Juice & LF Milk (2)</p> <hr/> <p>LF Tarragon Chicken Salad Broccoli & Pepper Salad Spring Mix Orzo Salad IW Mandarin Orange</p> <hr/> <p>Fish Fillet w/ Ranchera Sauce Succotash WG White Corn Mini Tortillas (4) Mexican Rice IW Tropical Fruit Mix</p>	<p>28</p> <p>WW Bread (2) w/ SF Jelly & Smart Balance LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)</p> <hr/> <p>Crab, Corn & Tomato Salad California Salad WW Dinner Roll (2) w/ Smart Balance Fresh Orange</p> <hr/> <p>Penne Pasta w/ Ground Turkey & Marinara Sauce Italian Vegetable Blend IW Pineapple Chunks</p>	<p>**29**</p> <p>WG Cheerios WW Bread w/ SF Jelly & Smart Balance LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)</p> <hr/> <p>Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad IW Pears</p> <p>**LUNAR NEW YEAR**</p> <p>Pork Carnitas w/ Verde Sauce Carrots & Peas Cilantro Lime Rice WG White Corn Tortillas (2) Fresh Apple</p>	<p>30</p> <p>WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal LF Yogurt (2) Orange Juice & LF Milk (2)</p> <hr/> <p>Creamy Chicken Pesto Salad Tomato Cucumber Salad WW Dinner Roll w/ Smart Balance IW Peach</p> <hr/> <p>Salisbury Steak w/ Mushroom Brown Gravy Broccoli Cuts Mashed Potatoes WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p>	<p>31</p> <p>Granola Honey Bar WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)</p> <hr/> <p>Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Bread (2) Fresh Orange SF Fruited Gelatin</p> <hr/> <p>Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks</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.