




Multicultural 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 (1) Croissant w/ Smart Balance SF Cookie 1% Milk</p> 	<p>2</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <p>Greek Chicken Quinoa Salad Coleslaw Spring Mix Balsamic Dressing WW Crackers WW Dinner Roll w/ Smart Balance IW Pears</p> <p>Roast Beef w/ Brown Gravy Cooked Spinach Jasmin Rice Fresh Apple</p>	<p>3</p> <p>WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2)</p> <p>Chef's Salad (LS Sliced Turkey, Peppers, Corn, Shredded Carrots, Cucumber, Swiss Cheese) Lemon Vinaigrette Spring Mix Dinner Roll w/ Smart Balance Fresh Apple</p> <p>Pork Carnitas Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks</p>
		<p>6</p> <p>Granola Honey Bar WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <p>Mediterranean Chicken Quinoa Salad Spring Mix Tomato & Cucumber Salad WW Dinner Roll w/Smart Balance IW Peaches</p> <p>Chicken Meatballs Sweet Citrus Glaze California Veg Blend Orzo Pilaf WW Dinner Roll w/Smart Balance Fresh Orange</p>	<p>7</p> <p>WG Waffle w/Smart Balance & SF Syrup FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <p>Mexican Tuna Salad California Salad WW Dinner Roll (2) w/Smart Balance Ambrosia</p> <p>Fish Fillet w/Asian Sauce Sliced Carrots Baby Baked Potatoes WW Crackers (4pk) WW Dinner Roll w/Smart Balance IW Mandarin Orange</p>	<p>8</p> <p>WG Oatmeal LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)</p> <p>Beef Barley Salad w/ Mango Dressing Spring Mix Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) w/Smart Balance WW Crackers (4pk) Fresh Apple</p> <p>Diced Chicken Vietnamese Caramel Sauce Capri Vegetables Jasmine Rice IW Pineapple Chunks</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 Beans & Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) w/Smart Balance Fresh Apple</p> <p>Chicken Breast Parmesan Sundried Tomato Sauce Corn & Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance IW Peach</p>	<p>14</p> <p>Hard Boiled Egg (2) Granola Honey Bar FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <p>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 (4pk) Smart Balance IW Tropical Fruit Mix</p>	<p>15</p> <p>WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <p>Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Carrot Raisin Salad Spring Mix IW Pears SF Pudding Mayonnaise & Mustard Barbacoa Beef Fiesta Vegetable Mix WG Mini Corn Tortillas (4) Pico de Gallo Fresh Apple</p>	<p>16</p> <p>WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <p>Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Beans & Corn Salad Canned Apricot Mayonnaise & Mustard</p> <p>Diced Chicken 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 FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <p>Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Fresh Apple</p> <p>Cubed Beef Ranchera Sauce Broccoli & Carrots WG White Corn Tortillas (2) Brown Rice IW Pineapple Chunks</p>





Multicultural Home Delivered Meals January Menu 2025

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

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.