




Vegetarian Home Delivered Meals January Menu 2025




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>**1**</p> <p>** NEW YEAR'S DAY CELEBRATION **</p> <p>Colorful Frittata Baby Whole Potatoes Sausage Less Patty w/ VG Country Mushroom Gravy Croissant w/ Smart Balance Diet: Fresh Fruit 1% Milk</p>	<p>2</p> <p>Hard Boiled Egg WG Oatmeal FF Yogurt (2) WW Bread w/Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Greek Chickenless Quinoa Salad Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Crackers (4pk) IW Pear Cup</p> <hr/> <p>Vegetarian Lasagna Broccoli & Cauliflower Mixed Vegetables WW Dinner Roll w/Smart Balance Ambrosia</p>	<p>3</p> <p>WW Bread (2) w/Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Chef's Salad (Chickenless Strips, Peppers, Corn, Shredded Swiss Cheese, Carrots, Cucumber) WW Dinner Roll w/Smart Balance Lemon Vinaigrette Fresh Apple</p> <hr/> <p>Garden Chili w/ Shredded Cheese Sliced Carrots Mixed Vegetables WG Corn Muffin IW Tropical Fruit Mix</p>
		<p><i>Happy New Year's</i></p>	<p>9</p> <p>WW Bread (2) Granola Honey Bar w/Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Heart Healthy Garbanzo Salad Cucumber Salad Spring Mix WW Crackers (4pk) IW Peaches</p> <hr/> <p>Vietnamese Lemongrass Tofu Collard Greens Jasmine Rice IW Pineapple Chunks</p>	<p>10</p> <p>WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/Chickenless Strips Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance WW Crackers (4pk) IW Mandarin Orange</p> <hr/> <p>Red Pepper, Zucchini & Cheddar Frittata Winter Vegetable Blend Mexican Rice WW Dinner Roll w/Smart Balance Fresh Apple</p>
<p>6</p> <p>WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Mediterranean Chickenless Quinoa Salad Tomato & Cucumber Salad Spring Mix WW Dinner Roll w/Smart Balance WW Crackers (4pk) IW Peaches</p> <hr/> <p>Breaded Chickenless Patty w/ Veg Country Mushroom Gravy Peas & Carrots Veg Orzo Pilaf IW Peaches</p>	<p>7</p> <p>WW Bread (2) w/Smart Balance & SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Tuscan Cutlet Tofu & White Bean Salad WW Crackers (4pk) California Salad WW Dinner Roll w/Smart Balance Ambrosia</p> <hr/> <p>Vegan Fish Fillet w/Veg Diane Sauce Red Skin Baked Potatoes Mixed Vegetables WW Dinner Roll w/Smart Balance Fresh Apple</p>	<p>15</p> <p>WG Cheerios FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Pasta w/ Butternut Squash & Feta Cheese Tofu Cutlet 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>16</p> <p>WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Veggie Burger WG Hamburger Bun w/ Meatless Patty Spring Mix Beans & Corn Salad Canned Apricot Mayonnaise & Mustard</p> <hr/> <p>Tofu Cutlet Asian Sauce Oriental Veg Blend Rice Pilaf IW Mandarin Orange</p>	
<p>13</p> <p>WG Mini Bagel (2) Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Classic Egg Salad Sandwich Black Beans & Lentil Salad w/ Cumin Lime Dressing 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>14</p> <p>Hard Boiled Egg (2) FF Yogurt (2) WW Bread (2) w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Herbed Farro Salad w/ Nuts, Feta & Cucumber Chickenless Strips California Salad Spring Mix IW Mandarin Orange</p> <hr/> <p>Cheese Ravioli w/ Marinara Sauce Broccoli Polenta WW Dinner Roll w/Smart Balance IW Peaches</p>	<p>**17**</p> <p>**MLK DAY CELEBRATION**</p>		



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
WG Oatmeal WW Bread w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WW Bread (2) w/Smart Balance & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/Smart Balance & SF Jelly WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)
Vietnamese Chickenless Salad Confetti Rice Salad WW Crackers (4 pk) IW Peaches	Vegetarian Taco Salad <small>(Chickenless Strips, Pinto Beans, Corn and Shredded Cheese)</small> Mexican Quinoa Salad WG White Corn Mini Tortillas (4) Fresh Orange	Curry Chickenless Salad Asian Marinated Cucumber WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Peaches	Chickenless Cranberry Salad Tomato Cucumber Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix	Veggie Burger WG Hamburger Bun w/ Meatless Patty Broccoli & Pepper Salad Spring Mix Mayonnaise & Mustard IW Pears SF Egg Custard
Meatless Meatballs w/ Veg Country Mushroom Gravy Sweet Potatoes Italian Vegetable Blend WW Dinner Roll (2) w/Smart Balance IW Tropical Fruit Mix	Breaded Chickenless Patty Apricot Sauce Mashed Potatoes Succotash WW Dinner Roll w/Smart Balance IW Pears	Mushroom Spinach Quiche Roasted Baby Potatoes Scandinavian Veg. Blend WW Dinner Roll w/Smart Balance Fresh Orange	Tofu Cutlet Veg. Coconut Curry Sauce Diced Carrots Jasmin Rice IW Mandarin Orange	Chickenless Tenders Mixed Vegetables Fettuccini Pasta Veg Creole Sauce WW Dinner Roll w/Smart Balance Fresh Orange
27	28	**29**	30	31
WG Oatmeal FF Yogurt (2) Honey Granola Bar Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)	**LUNAR NEW YEAR** 	Hard Boiled Egg (2) WW Bread (2) w/ SF Jelly & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)
Vegetarian Tarragon Chickenless Salad Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/Smart Balance IW Mandarin Orange	Tuscan Cutlet Tofu & White Bean Salad California Salad WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Fresh Orange		Vegetarian Creamy Chickenless Pesto Salad Tomato Cucumber Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) IW Peach	Harvest Salad w/ Cranberries & Almonds Chickenless Strips Italian Dressing Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Fresh Orange
Breaded Chickenless Patty Oriental Veg Blend Veg Spanish Rice Veg Lemongrass Sauce IW Tropical Fruit Mix	Meatless Meatball Vegetarian Mushroom Brown Gravy Mashed Potato Carrots WW Dinner Roll w/Smart Balance IW Pineapple Chunks		Macaroni & Cheese Stew Tomatoes Scandinavian Veg Blend WW Dinner Roll w/Smart Balance IW Mandarin Orange	Vegan Fish Fillet Mixed Vegetables Brown Rice Veg Lemon Herb Sauce 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.

