

# Asian Home Delivered February Menu 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> WG Raisin Bran FF Yogurt (2) Granola Honey Bar Orange Juice & 1% Milk (2) <hr/> Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Fresh Orange <hr/> Fish in Tomato Sauce Chopped Green Onion Stir Fried Gai Lan Rice Pilaf IW Tropical Fruit Mix	<b>4</b> Hard Boiled Egg (2) WG Oatmeal Raisins Orange-Pineapple Juice & 1% Milk (2) <hr/> Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Crackers (4 pk) Fresh Apple <hr/> Lemongrass Chicken Carrots & Peas Jasmine Rice Chopped Parsley WW Dinner Roll (2) w/Smart Balance IW Mandarin Orange	<b>5</b> WG Cheerios LF String Cheese FF Yogurt WW Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) <hr/> Thai Citrus Crunch Salad w/ Roast Beef Spring Mix WW Dinner Roll w/Smart Balance IW Peach Cup SF Pudding <hr/> Chicken in Tamarind Broccoli Jasmine Rice Sesame Seeds IW Pear Cup	<b>6</b> WG Oatmeal Orange-Pineapple Juice & 1% Milk (2) <hr/> Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) Spring Mix WW Crackers (4 pk) Cilantro Lime Dressing Fresh Apple <hr/> Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Brown Rice WW Dinner Roll (2) w/Smart Balance Fresh Orange	<b>7</b> WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Chicken Salad Diced Chicken w/ Green Pepper & Tomato Salad Asian Marinated Cucumber Salad WW Crackers (4 pk) IW Tropical Fruit Mix <hr/> Beef Ragout Stir-Fry Bok Choy w/ Oyster Sauce Cilantro Lime Rice WW Dinner Roll (2) w/Smart Balance Fresh Apple
<b>10</b> WG Oatmeal LF String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peaches <hr/> Stir-Fry Beef w/ Snow Peas Stir Fried Gai Lan Jasmine Rice WW Crackers (4 pk) Chopped Red Pepper Fresh Apple	<b>11</b> WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) <hr/> Provencal Tuna Salad Tomato & Cucumber Salad Spring Mix WW Bread (2) IW Pineapple Chunks SF Pudding <hr/> Diced Chicken w/Lemongrass Sauce Green Beans Pan Fried Noodles WW Dinner Roll w/Smart Balance Fresh Orange	<b>12</b> WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Spring Mix Corn, Lima Bean & Tomato Salad Ketchup IW Mandarin Orange <hr/> Chicken Breast w/ Coconut Curry Sauce Egg Noodle Carrots WW Crackers (4 pk) IW Tropical Fruit Mix	<b>13</b> WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Greek Chicken Quinoa Salad Carrots Raisin Salad Spring Mix WW Dinner Roll (2) w/Smart Balance WW Crackers (4 pk) IW Pear Cup Balsamic Dressing <hr/> Pork w/Sweet Citrus Glaze Broccoli & Cauliflower Pineapple Fried Rice Fresh Apple	<b>14</b> Granola Honey Bar WG Cheerios FF Yogurt Orange Juice & 1% Milk (2) <hr/> Chef's Salad (LS Turkey, Egg, Pepper Sliced, Corn, Shredded Swiss Cheese, Carrots) Spring Mix WW Dinner Roll w/Smart Balance WW Crackers (4 pk) Lemon Vinaigrette Fresh Apple <hr/> <b>**Valentines Day Celebration**</b> Chicken Alfredo Fettuccini Pasta w/ Alfredo Sauce Chicken Breast Italian Vegetable Blend Strawberry Cake IW Pineapple Chunks
<b>**17**</b> <b>**Presidents Day Celebration**</b> Roast Beef w/ Mushroom Brown Gravy Capri Vegetable Blend Red Chunk Roasted Potatoes Dinner Roll (2) w/ Smart Balance Cherry Pie IW IW Mandarin Orange 1% Milk	<b>18</b> WG Waffle w/ Smart Balance SF Syrup LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Mexican Tuna Salad California Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Ambrosia <hr/> Chicken Meatballs & Curry Pineapple Sauce Peas & Carrots Jasmine Rice WW Dinner Roll w/Smart Balance IW Mandarin Orange	<b>19</b> WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> 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 <hr/> Diced Chicken w/ Caramel Sauce Capri Vegetables Jasmine Rice IW Peaches	<b>20</b> WG Oatmeal Granola Honey Bar Hardboiled Egg Orange-Pineapple Juice & 1% Milk (2) <hr/> Heart Healthy Garbanzo Salad Beets Orange Salad WW Crackers (4pk) SF Cookie WW Dinner Roll w/ Smart Balance Fresh Orange <hr/> Pork Tenderloin & Honey Garlic Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	<b>21</b> WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Thai Citrus Crunch Salad w/ Diced Chicken Tomato & Cucumber Salad WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance IW Mandarin Orange <hr/> Shrimp and Pork in Hot Sauce Stir Fry Supreme Veg. Blend Pineapple Fried Rice Sesame Seeds/Chopped Onions IW Pears

Asian Home Delivered Meals February Menu 2025

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Granola Honey Bar WG Oatmeal LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	Hard Boiled Egg (2) WG Mini Blueberry Muffin FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)	Plain Omelet WW Bread w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)
Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple	Herbed Farro Salad w/ Nuts, Feta & Cucumber California Salad Spring Mix IW Mandarin Orange	Turkey Sandwich WW Bread (2) w/ Roast Turkey Carrot Raisin Salad & Spring Mix IW Pears SF Pudding Mayonnaise & Mustard	Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Beans & Corn Salad Canned Apricot Mayonnaise & Mustard	Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Apple
Chicken w/ Rice Noodle & Vegetables Stir-Fried Bok Chow w/Oyster Sauce WW Dinner Roll w/Smart Balance Fresh Apple	Baked Fish w/Lemongrass Sauce Stir Fry Supreme Veg. Blend Pan Fried Noodles WW Dinner Roll (2) w/Smart Balance Chopped Cilantro Fresh Orange	Chicken in Turmeric Peanut Sauce Green Beans Rice Pilaf WW Dinner Roll w/Smart Balance Chopped Green Onions IW Tropical Fruit Mix	Diced Chicken w/ Asian Sauce Oriental Veg Blend Brown Rice Fresh Apple	Vietnamese Beef Curry Carrots Jasmine Rice WW Dinner Roll w/Smart Balance Chopped Onions 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.