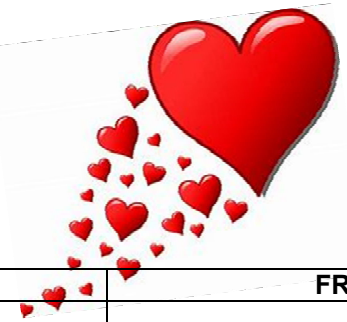
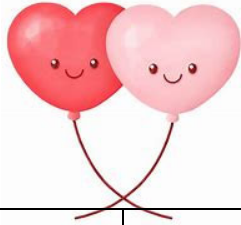


# Hispanic Home Delivered February Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>WG Raisin Bran FF Yogurt (2) Granola Honey Bar Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chicken w/ Green Beans &amp; Tomato Salad Healthy Veggie Salad WW Dinner Roll (2) w/ Smart Balance IW Pears</p> <hr/> <p>Barbacoa Beef Pinto Beans Mix Vegetables WG White Corn Mini Tortillas (4) IW Tropical Fruit Mix</p>	<p><b>4</b></p> <p>WG Oatmeal Hardboiled Egg (2) Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Zucchini &amp; Tomato Salad WW Crackers (4 pk) Fresh Apple</p> <hr/> <p>Chicken Meatballs Mushroom Cream Sauce Scandinavian Veg Blend Jasmine Rice WW Dinner Roll (2) &amp; Smart Balance IW Mandarin Orange</p>	<p><b>5</b></p> <p>WW Bread w/ Peanut Butter &amp; SF Jelly WG Cheerios FF Yogurt LF String Cheese Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peach</p> <hr/> <p>Pulled Pork w/ Chile Verde Sauce Pinto Beans &amp; Broccoli Tomato Cilantro Rice WG White Corn Tortilla (1) IW Pears</p>	<p><b>6</b></p> <p>WG Oatmeal Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Cilantro Lime Dressing Spring Mix WW Dinner Roll (2) &amp; Smart Balance IW Pineapple Chunks</p> <hr/> <p>Breaded Fish Pico de Gallo Sauce Sliced Carrots Brown Rice WG White Corn Mini Tortillas (2) Fresh Orange</p>	<p><b>7</b></p> <p>WG Raisin Bran WW Bread w/ Peanut Butter &amp; SF Jelly FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chicken Salad Diced Chicken w/ Green Pepper &amp; Tomato Salad Asian Marinated Cucumber WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Carne con Chile w/ Chili Sauce Fajitas Veg Blend Spanish Rice WG White Corn Mini Tortillas (2) Fresh Apple</p>
<p><b>10</b></p> <p>WG Oatmeal WW Bread w/ SF Jelly &amp; Smart Balance FF Yogurt LF String Cheese Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Salad California Salad WW Dinner Roll w/ Smart Balance IW Peach SF Pudding Cup</p> <hr/> <p>Pork Carnitas w/ Tomatillo Sauce Kidney Beans &amp; Garbanzo Beans Fajita Veg Blend WG White Corn Mini Tortilla (4) Fresh Apple</p>	<p><b>11</b></p> <p>Granola Honey Bar FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Provencal Tuna Salad Tomato Cucumber Salad WW Bread (2) IW Pineapple Chunks</p> <hr/> <p>Ground Turkey w/ Picadillo Sauce Red Skin Potatoes Mixed Vegetables WG White Corn Tortilla (2) Fresh Orange</p>	<p><b>12</b></p> <p>WG Raisin Bran FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Corn Lima Bean and Tomato Salad Spring Mix IW Mandarin Orange Ketchup</p> <hr/> <p>Beef Fajitas Beef w/ Fajita Veg Blend Cilantro Lime Rice WG White Corn Tortilla (1) Broccoli IW Tropical Fruit Mix</p>	<p><b>13</b></p> <p>WG Oatmeal FF Yogurt (2) Orange Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Greek Chicken Quinoa Salad Carrot Raisin Salad Spring Mix WW Crackers (4 pk) Balsamic Dressing WW Dinner Roll w/ Smart Balance IW Pears</p> <hr/> <p>Tilapia Fillet w/ Chipotle Mango Dressing Winter Veg Blend Rice Pilaf WG White Corn Tortilla (1) Fresh Apple</p>	<p><b>14</b></p> <p>WW Bread (2) w/ Peanut Butter &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chef's Salad (LS Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Shredded Swiss Cheese) Beans and Corn Salad WW Dinner Roll w/ Smart Balance Lemon Vinaigrette Fresh Apple</p> <hr/> <p><b>**Valentines Day Celebration**</b> Chicken Alfredo Chicken Breast w/ Alfredo Sauce &amp; Fettuccini Pasta Italian Vegetable Blend Strawberry Cake IW Pineapple Chunks</p>
<p><b>**17**</b></p> <p><b>**Presidents Day Celebration**</b></p> <p>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</p>	<p><b>18</b></p> <p>WG Oatmeal FF Yogurt LF String Cheese Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Mexican Tuna Salad California Salad WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Ambrosia</p> <hr/> <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><b>19</b></p> <p>WG Waffle w/ SF Syrup &amp; Smart Balance FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Beef Barley Salad w/ Mango Dressing Corn Lima Bean Salad &amp; Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Beef Fajitas Beef w/ Fajita Veg Blend Cilantro Lime Rice WG White Corn Tortilla (2) IW Peach</p>	<p><b>20</b></p> <p>WW Bread (2) w/ Peanut Butter &amp; SF Jelly Orange Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Heart Healthy Garbanzo Salad Cucumber Salad WW Crackers (4pk) Orange Juice SF Pudding Cup</p> <hr/> <p>Breaded Cod Scandinavian Veg Blend Rice Pilaf WG White Corn Tortilla (1) IW Pineapple Chunks</p>	<p><b>21</b></p> <p>WG Raisin Bran FF Yogurt (2) Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Diced Chicken Mexican Corn, Zucchini, Tomato Salad WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p> <hr/> <p>Diced Chicken w/ Salsa Ranchera Peas and Carrots Mexican Rice WG White Corn Tortillas (2) IW Pears</p>



## Hispanic Home Delivered Meals February Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2)	WG Blueberry Muffin Hardboiled Egg (2) FF Yogurt (2) Smart Balance Orange Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	Plain Omelet Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2)
Tuna Salad Black Bean w/ Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple	Herbed Farro Salad w/ Nuts California Salad Spring Mix IW Mandarin Orange	Turkey Sandwich WW Bread (2) w/ Roast Turkey Carrot Raisin Spring Mix IW Pears SF Pudding Mayonnaise & Mustard	Beef Hamburger WG Hamburger Bun w/ Beef Patty Beans & Corn Salad Canned Apricot Mayonnaise & Mustard	Chicken Ranch Pasta Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Fresh Apple
Ground Turkey w/ Picadillo Sauce Red Skin Potatoes Scandinavian Veg Blend WG White Corn Tortillas (2) IW Peach	Pork Carnitas Mixed Vegetables Mexican Rice WG White Corn Tortillas (2) IW Tropical Fruit Mix Assorted SF Cookies (1 pk)	Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (4) Pico de Gallo Fresh Apple	Diced Chicken w/ Hui Hui Pineapple Sauce Oriental Veg Blend Rice Pilaf Fresh Orange	Cubed Beef w/ Chile Verde Sauce Broccoli Brown Rice WG White Corn Tortilla (2) 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.