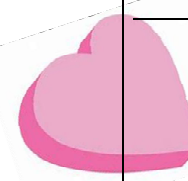
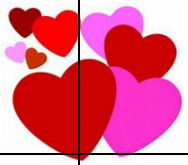




Lactose Free Home Delivered February Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
WG Cheerios WW Bread & SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (2) <hr/> Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance IW Pears <hr/> Cubed Beef w/ LF Stew Gravy Peas & Carrots Stew Vegetables Jasmin Rice IW Tropical Fruit Mix	Hard Boiled Egg (2) WG Raisin Bran Orange-Pineapple Juice & LF Milk (2) <hr/> Couscous w/ LF Feta Cheese Salad Zucchini and Tomato Salad WW Crackers (4 pk) IW Mandarin Orange <hr/> Fettuccini w/ Florentine Sauce & LS Sliced Turkey Italian Blend Vegetables WW Dinner Roll (2) w/ Smart Balance Fresh Apple	WG Cheerios LF Yogurt (2) WW Bread w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (2) <hr/> Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peaches <hr/> Pulled Pork w/ Chile Verde Pinto Beans Broccoli & Carrots WG White Corn Tortilla (2) IW Pear	WG Oatmeal WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) <hr/> LF Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn & LF Shredded Cheese) Spring Mix WW Crackers (4 pk) Cilantro Lime Dressing IW Pineapple Chunks <hr/> Diced Chicken w/ Lemongrass Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange Juice & LF Milk (2) <hr/> Chicken Salad Diced Chicken w/ Green Pepper & Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix <hr/> Carne Con Chile w/ Chili Sauce Fajitas Veg. Blend WG White Corn Mini Tortillas (2) Spanish Rice Ambrosia
10	11	12	13	14
WG Oatmeal LF Yogurt (2) WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) <hr/> LF Chicken Ranch Salad Spring Mix California Salad WW Dinner Roll w/ Smart Balance IW Peach <hr/> Breaded Fish Spanish Rice & WG White Corn Tortilla (1) Broccoli Pico de Gallo Fresh Apple	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) <hr/> Provencal Tuna Salad Tomato Cucumber Salad WW Bread (2) IW Pineapple Chunks SF Fruited Gelatin <hr/> Turkey Pot Roast w/ LF Brown Gravy LF Mashed Potatoes Peas & Carrots WW Crackers (4 pk) WW Dinner Roll w/ Smart Balance Fresh Orange	WG Raisin Bran LF Yogurt (2) Orange Juice & LF Milk (2) <hr/> Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Corn Lima Bean & Tomato Salad Ketchup IW Mandarin Orange <hr/> Chicken Breast w/Curry Sauce DF Egg Noodle Sliced Carrots WW Crackers (4 pk) IW Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) <hr/> LF Greek Chicken Quinoa Salad Spring Mix Coleslaw WW Dinner Roll w/ Smart Balance WW Crackers (4 pk) IW Pear Cup <hr/> Roast Beef w/ LF Gravy Cooked Spinach Jasmine Rice Fresh Apple	Granola Honey Bar WG Cheerios Orange Juice & LF Milk (2) <hr/> LF Chef's Salad w/ LS Turkey (Egg, pepper sliced, corn, shredded carrots, cucumber, LF Shredded Cheese) Spring Mix WW Dinner Roll w/ Smart Balance Lemon Vinaigrette Fresh Apple <hr/> **Valentines Day Celebration** Pork Carnitas Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks
17	18	19	20	21
Presidents Day Celebration <hr/> LF Meatball Sub Sweet Citrus Glaze California Veg. Blend Orzo Pilaf Fresh Orange LF Milk	WG Waffle w/ Syrup & Smart Balance LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) <hr/> Mexican Tuna Salad California Salad WW Bread (2) Ambrosia <hr/> Fish Fillet w/ Asian Sauce Sliced Carrots Baby Baker Potatoes WW Crackers (4pk) WW Dinner Roll w/ Smart Balance IW Mandarin Orange	WG Oatmeal LF Yogurt (2) Orange Juice & LF Milk (2) <hr/> Barley Salad w/ Slice Beef & Mango Dressing Spring Mix Corn Lima Bean & Tomato Salad WW Dinner Roll (2) w/Smart Balance WW Crackers (4pk) Fresh Apple <hr/> Diced Chicken w/ Vietnamese Caramel Sauce Capri Veg. Blend Jasmin Rice IW Pineapple Chunks	WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & LF Milk (2) <hr/> LF Healthy Garbanzo Salad Beets Orange Salad WW Crackers (4pk) IW Peaches <hr/> Pork Tenderloin Sweet Potatoes Broccoli and Carrots WW Dinner Roll (2) w/Smart Balance Fresh Apple	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) <hr/> Thai Citrus Crunch Salad w/ Salsa Ranchera Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance IW Mandarin Orange <hr/> Diced Chicken w/Salsa Ranchera Peas and Carrots Mexican Rice WG White Corn Tortilla (2) IW Pears



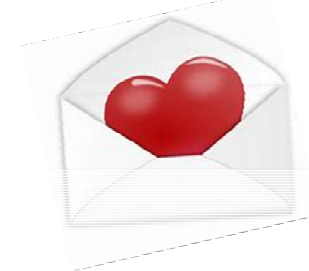


MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
WG Mini Bagel w/ SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	Hard Boiled Egg (2) Granola Honey Bar LF Yogurt (2)	WG Raisin Bran LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WG Oatmeal LF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2)	Hard Boiled Egg (2) WW Bread w/ Smart Balance & SF Jelly LF Yogurt (2) Orange Juice & LF Milk (2)
Tuna Salad Black Beans w/ Lentil Salad w/ Cumin Lime Dressing Cucumber Salad WW Bread (2) Fresh Apple	WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2)	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Carrot Raisin Salad Spring Mix IW Pears Mayonnaise & Mustard	Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Beans and Corn Salad Canned Apricot Mayonnaise & Mustard	LF Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Fresh Apple
Tri-Color Pasta w/ LF Parmesan Sundried Tomato Sauce Chicken Breast Corn and Carrots WW Dinner Roll w/Smart Balance IW Peaches	WW Dinner Roll w/ Smart Balance IW Mandarin Orange	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/ Ranchera Sauce Broccoli & Carrots Brown Rice WG White Corn Tortillas (2) IW Pineapple Chunks

Lactose Free Home Delivered Meals February Menu 2025

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.

Voluntary Contribution \$5.25 per day



TURN OVER

