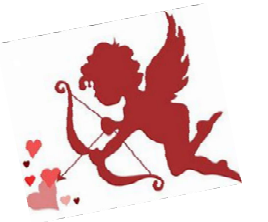


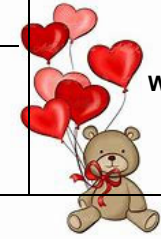
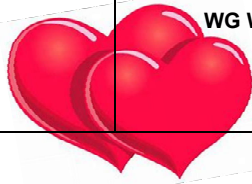
Multicultural Home Delivered February Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>WG Raisin Bran FF Yogurt (2) Granola Honey Bar Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Crackers (4pk) WW Dinner Roll w/ Smart Balance IW Pears</p> <hr/> <p>Cubed Beef w/ Stew Gravy & Stew Vegetables Broccoli Jasmin Rice IW Tropical Fruit Mix</p>	<p>4</p> <p>Hard Boiled Egg (2) WG Oatmeal Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Crackers (4pk) IW Mandarin Orange</p> <hr/> <p>LS Sliced Turkey Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) w/ Smart Balance Fresh Apple</p>	<p>5</p> <p>WG Cheerios LF String Cheese FF Yogurt WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/Roast Beef WW Dinner Roll w/ Smart Balance IW Peach SF Pudding Cup</p> <hr/> <p>Pulled Pork w/ Chile Verde Pinto Beans Broccoli & Carrots WG White Corn Tortilla (2) IW Pear Cup</p>	<p>6</p> <p>WG Oatmeal WW Bread (2) w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) Spring Mix WW Crackers (4pk) Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>LS Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange</p>	<p>7</p> <p>WG Raisin Bran WW Bread w/Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken Salad Diced Chicken w/ Green Pepper & Tomato Salad WW Crackers (4pk) IW Tropical Fruit Mix</p> <hr/> <p>Mushroom & Spinach Quiche Baby Baked Potatoes Mixed Vegetables WW Dinner Roll (2) w/Smart Balance Ambrosia</p>
<p>10</p> <p>WG Oatmeal LF String Cheese FF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Salad Spring Mix California Salad WW Dinner Roll w/Smart Balance IW Peaches</p> <hr/> <p>Breaded Fish Broccoli Spanish Rice WG White Corn Tortilla (1) Pico de Gallo Fresh Apple</p>	<p>11</p> <p>WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Provencal Tuna Salad Tomato & Cucumber Salad WW Bread (2) IW Pineapple Chunks</p> <hr/> <p>Turkey Pot Roast Mashed Potatoes Brown Gravy Peas & Carrots WW Crackers (4pk) WW Dinner Roll w/Smart Balance Fresh Orange</p>	<p>12</p> <p>WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Spring Mix Corn, Lima Bean & Tomato Salad Ketchup IW Mandarin Orange</p> <hr/> <p>Chicken Breast Coconut Curry Sauce Egg Noddle Sliced Carrots WW Crackers (4pk) IW Tropical Fruit Mix</p>	<p>13</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Greek Chicken Quinoa Salad Spring Mix w/Balsamic Dressing Coleslaw Salad WW Dinner Roll w/ Smart Balance WW Crackers (4pk) IW Pear Cup</p> <hr/> <p>Roast Beef Brown Gravy Cooked Spinach Jasmin Rice Fresh Apple</p>	<p>14</p> <p>Granola Honey Bar WG Cheerios Orange Juice & 1% Milk (2)</p> <hr/> <p>Chef's Salad (LS Turkey, Pepper Sliced, Corn, Shredded Swiss Cheese, Carrots, Cucumber) Spring Mix WW Dinner Roll w/Smart Balance Lemon Vinaigrette Fresh Apple</p> <p>**Valentines Day Celebration**</p> <p>Chicken Alfredo Chicken Breast w/ Alfredo Sauce & Fettuccini Pasta Italian Vegetable Blend Strawberry Cake IW Pineapple Chunks</p>
<p>**17**</p> <p>**Presidents Day Celebration**</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>18</p> <p>WG Waffle w/Smart Balance & SF Syrup FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Mexican Tuna Salad California Salad WW Dinner Roll (2) w/Smart Balance Ambrosia</p> <hr/> <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>19</p> <p>WG Oatmeal LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <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> <hr/> <p>Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Jasmine Rice IW Pineapple Chunks</p>	<p>20</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (4pk) IW Peaches</p> <hr/> <p>Pork Tenderloin Sweet Potatoes Broccoli & Carrots WW Dinner Roll (2) w/Smart Balance Fresh Apple</p>	<p>21</p> <p>WG Raisin Bran FF Yogurt (2) Orange Juice & 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 Salsa Ranchera Peas & Carrots Mexican Rice WG White Corn Tortilla (2) IW Pears</p>



Multicultural Home Delivered Meals February Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	Hard Boiled Egg (2) Granola Honey Bar FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly 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)	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) w/Smart Balance Fresh Apple	Herbed Farro Salad w/ Nuts, Feta & Cucumber California Salad WW Dinner Roll w/Smart Balance IW Mandarin Orange	Roast 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 Dinner Roll w/Smart Balance Fresh Apple
Tri-Color Pasta w/ Parmesan Sundried Tomato Sauce Chicken Breast Corn & Carrots WW Dinner Roll w/Smart Balance IW Peach	LS Turkey w/ Turkey Gravy Sweet Potatoes Scandinavian Veg. Blend WW Crackers (4pk) Smart Balance IW Tropical Fruit Mix	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 WG White Corn Tortillas (2) Brown Rice 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.

