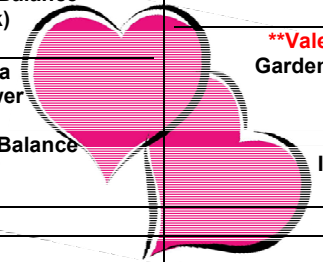
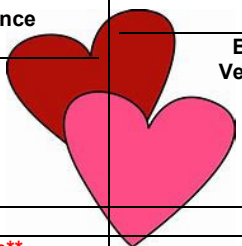




Vegetarian Home Delivered February Menu 2025

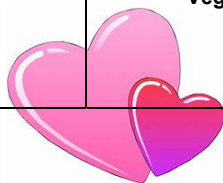
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Chickenless Green Bean & Tomato Salad Healthy Veggie Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Pears</p> <hr/> <p>Breakfast for Dinner Omelet Peas & Carrots Baked Red Skin Potatoes WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix</p>	<p>4</p> <p>Hard Boiled Egg (2) WG Oatmeal Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Breaded Chickenless Patty w/ Vegetarian Gravy Italian Vegetable Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Mandarin Orange</p>	<p>5</p> <p>WG Cheerios LF String Cheese FF Yogurt WW Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Chickenless Strips Carrifruit WW Dinner Roll w/Smart Balance IW Peach</p> <hr/> <p>Vegetarian Enchilada Casserole Broccoli Veg Cilantro Lime Rice IW Pear</p>	<p>6</p> <p>WG Oatmeal FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Veg Taco Salad (Chickenless Strips, Pinto Beans, Corn & Shredded Cheese) Spring Mix WW Crackers (4 pk) Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Vegan Fillet w/ Tartar Sauce Oriental Vegetable 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 Chickenless Strips w/ Green Pepper & Tomato Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Spinach & Mushroom Quiche Mixed Vegetables Baby Baked Potatoes WW Dinner Roll w/Smart Balance Fresh Apple</p>
<p>10</p> <p>WG Oatmeal FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Chickenless Ranch Pasta Salad Spring Mix California Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Peach</p> <hr/> <p>Chickenless Strips w/ Polynesian Sauce Scandinavian Veg Blend Jasmin Rice IW Pineapple Chunks</p>	<p>11</p> <p>WG Raisin Bran FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Provencal Tofu Salad Tomato & Cucumber Salad WW Bread (2) IW Pineapple Chunks SF Cookie</p> <hr/> <p>Breaded Chickenless Patty Vegetarian Chile Verde Sauce Pinto Beans Broccoli WW Dinner Roll (2) w/Smart Balance Fresh Orange</p>	<p>12</p> <p>WG Cheerios WG Mini Bagel w/Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Veggie Burger WG Hamburger Bun w/ Meatless Burger Patty Healthy Veggie Salad Mayonnaise & Mustard IW Mandarin Orange</p> <hr/> <p>Vegan Fish Fillet Tartar Sauce Mashed Potatoes Green Beans WW Dinner Roll w/Smart Balance Fresh Apple</p>	<p>13</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 (4 pk) IW Pear Cup</p> <hr/> <p>Vegetarian Lasagna Broccoli & Cauliflower Mixed Veg WW Dinner Roll w/Smart Balance Ambrosia</p>	<p>14</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> <p>**Valentines Day Celebration**</p> <p>Garden Chili w/ Shredded Cheese Sliced Carrots Mixed Vegetables WG Corn Muffin IW Tropical Fruit Mix</p>
<p>**17**</p> <p>**Presidents Day Celebration**</p> <p>Breaded Chickenless Patty w/ Vegetarian Country Mushroom Gravy Carrots & Peas Veg. Orzo Pilaf IW Peach 1% Milk</p>	<p>18</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>19</p> <p>WW Bread (2) w/Smart Balance & SF Jelly Hard Boiled Eggs (2) FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Barley Salad w/ Vegan Mango Dressing & Chickenless Strips Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Vegetarian Lasagna Broccoli Capri Vegetables WW Dinner Roll w/Smart Balance WW Crackers (4pk) Fresh Orange</p>	<p>20</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly Granola Honey Bar 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>21</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>





Vegetarian Home Delivered Meals February Menu 2025

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
WG Mini Bagel (2) Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Classic Egg Salad Sandwich Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) IW Pears <hr/> Vegan Fillet Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix	Hard Boiled Egg (2) FF Yogurt (2) WW Bread (2) w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) <hr/> Herbed Farro Salad w/ Nuts, Feta & Cucumber Chickenless Strips California Salad Spring Mix IW Mandarin Orange <hr/> Cheese Ravioli w/ Marinara Sauce Broccoli Polenta WW Dinner Roll w/ Smart Balance IW Peaches	WG Cheerios FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) <hr/> Pasta w/ Butternut Squash & Feta Cheese Tofu Cutlet Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix <hr/> Meatless Meatball Fiesta Vegetable Mix Vegetarian Cilantro Lime Rice WW Crackers (2pk) Fresh Apple	WG Oatmeal LF String Cheese FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) <hr/> Veggie Burger WG Hamburger Bun w/ Meatless Patty Spring Mix Beans & Corn Salad Canned Apricot Mayonnaise & Mustard <hr/> Tofu Cutlet w/ Asian Sauce Oriental Veg Blend Rice Pilaf IW Mandarin Orange	Plain Omelet WG Muffin FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) <hr/> Chickenless Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance IW Peaches <hr/> Chickenless Tenders Ranchera Sauce Winter Veg Blend Pinto Beans WG White Corn Tortillas (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.