





## Vegetarian Home Delivered February Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Green Bean & Tomato Salad	Hard Boiled Egg (2) WG Oatmeal Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios LF String Cheese FF Yogurt WW Bread (2) w/ Peanut Butter & SF Jelly	WG Oatmeal FF Yogurt WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran WW Bread w/ Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)
Healthy Veggie Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Pears  Breakfast for Dinner Omelet Peas & Carrots Baked Red Skin Potatoes WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix	Couscous w/ Feta Cheese Salad Tomato & Zucchini Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance Fresh Apple Breaded Chickenless Patty w/ Vegetarian Gravy Italian Vegetable Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Mandarin Orange	Orange Juice & 1% Milk (2)  Thai Citrus Crunch Salad w/ Chickenless Strips Carrifruit WW Dinner Roll w/Smart Balance IW Peach  Vegetarian Enchilada Casserole Broccoli Veg Cilantro Lime Rice IW Pear	Veg Taco Salad (Chickenless Strips, Pinto Beans, Corn & Shredded Cheese) Spring Mix WW Crackers (4 pk) Cilantro Lime Dressing IW Pineapple Chunks  Vegan Fillet w/ Tartar Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/Smart Balance Fresh Orange	Chicken Salad Chickenless Strips w/ Green Pepper & Tomato Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix Spinach & Mushroom Quiche Mixed Vegetables Baby Baked Potatoes WW Dinner Roll w/Smart Balance Fresh Apple
10	11	12	13	14
WG Oatmeal FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Chickenless Ranch Pasta Salad Spring Mix California Salad WW Crackers (4 pk) WW Dinner Roll w/Smart Balance IW Peach Chickenless Strips w/ Polynesian Sauce Scandinavian Veg Blend Jasmin Rice IW Pineapple Chunks	WG Raisin Bran FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Provencal Tofu Salad Tomato & Cucumber Salad WW Bread (2) IW Pineapple Chunks SF Cookie Breaded Chickenless Patty Vegetarian Chile Verde Sauce Pinto Beans Broccoli WW Dinner Roll (2) w/Smart Balance	WG Cheerios WG Mini Bagel w/Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2)  Veggie Burger WG Hamburger Bun w/ Meatless Burger Patty Healthy Veggie Salad Mayonnaise & Mustard IW Mandarin Orange  Vegan Fish Fillet Tartar Sauce Mashed Potatoes Green Beans WW Dinner Roll w/Smart Balance Fresh Apple	Hard Boiled Egg WG Oatmeal FF Yogurt (2) WW Bread w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Greek Chickenless Quinoa Salad Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Crackers (4 pk) IW Pear Cup Vegetarian Lasagna Broccoli & Cauliflower Mixed Veg WW Dinner Roll w/Smart Balance Ambrosia	WW Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)  Chef's Salad (Chickenless Strips, Peppers, Corn, Shredded Swiss Cheese, Carrots, Cucumber) WW Dinner Roll w/Smart Balance Lemon Vinaigrette Fresh Apple  **Valentines Day Celebration** Garden Chili w/ Shredded Cheese Sliced Carrots Mixed Vegetables WG Corn Muffin IW Tropical Fruit Mix
	Fresh Orange		,	
**17**  **Presidents Day Celebration**	18 WW Bread (2) w/Smart Balance & SF Jelly LF String Cheese	19 WW Bread (2) w/Smart Balance & SF Jelly Hard Boiled Eggs (2)	20  WW Bread (2)  w/ Peanut Butter & SF Jelly  Granola Honey Bar	WG Oatmeal FF Yogurt (2) Orange Juice & 1% Milk (2)
Breaded Chickenless Patty w/ Vegetarian Country Mushroom Gravy Carrots & Peas Veg. Orzo Pilaf IW Peach 1% Milk	FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Tuscan Cutlet Tofu & White Bean Salad WW Crackers (4pk) California Salad WW Dinner Roll w/Smart Balance	FF Yogurt (2) Orange Juice & 1% Milk (2) Barley Salad w/ Vegan Mango Dressing & Chickenless Strips Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Smart Balance	Orange-Pineapple Juice & 1% Milk (2)  Heart Healthy Garbanzo Salad Cucumber Salad Spring Mix WW Crackers (4pk) IW Peaches	Thai Citrus Crunch Salad w/Chickenless Strips Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance WW Crackers (4pk) IW Mandarin Orange Red Pepper, Zucchini & Cheddar Frittata
	Ambrosia  Vegan Fish Fillet w /Veg Diane Sauce Red Skin Baked Potatoes Mixed Vegetables WW Dinner Roll w/Smart Balance Fresh Apple	Fresh Apple Vegetarian Lasagna Broccoli Capri Vegetables WW Dinner Roll w/Smart Balance WW Crackers (4pk) Fresh Orange	Vietnamese Lemongrass Tofu Collard Greens Jasmine Rice IW Pineapple Chunks	Winter Vegetable Blend Mexican Rice WW Dinner Roll w/Smart Balance Fresh Apple

Voluntary Contribution \$5.25 per day

TURN OVER







## Vegetarian Home Delivered Meals February Menu 2025

MONDAY  TUESDAY  24  25  WG Mini Bagel (2) Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Classic Egg Salad Sandwich Black Beans & Lentil Salad W/ Cumin Lime Dressing WW Bread (2) IW Pears Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Peaches  WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix WW Dinner Roll w/Smart Balance IW					
WG Mini Bagel (2) Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Classic Egg Salad Sandwich Black Beans & Lentil Salad W Bread (2) California Salad WW Bread (2) Vegan Fillet Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance WW Crackers (2pk) FF Yogurt (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)  Elst W G Description WW Bread w/Smart B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	/ FRIDAY
Cream Cheese FF Yogurt (2) WW Bread (2) Orange-Pineapple Juice & 1% Milk (2) Classic Egg Salad Sandwich Black Beans & Lentil Salad W Cumin Lime Dressing WW Bread (2) Spring Mix We Bread (2) WW Bread (3) WW Dinner Roll w/Smart Balance We gan Fillet We Bread (2) WW Bread (2) WW Bread (2) WW Bread (2) WW Bread (2) Pasta w Butternut Squash & Feta Cheese Tofu Cutlet Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Dinner Roll w/Smart Balance WG Hamburger Bun w/ Meatless Patty Spring Mix Beans & Corn Salad WW Dinner Roll w/Smart Balance WG Hamburger Bun w/ Meatless Patty Spring Mix Beans & Corn Salad Canned Apricot Mayonnaise & Mustard Worackers (2pk) Fresh Apple WG Worackers (2pk) WW Bread w/Smart Balance & SF Jelly WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Woracles (2	24	25	26	27	28
FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Classic Egg Salad Sandwich Black Beans & Lentil Salad W/ Cumin Lime Dressing W/ Camin Lime Dressing W/ Pears Wegan Fillet Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes W/ Dinner Roll w/Smart Balance W/ Dinner Roll w/Smart Balance W/ Dinner Roll w/ Smart Balance W/ Dinner Roll w/ Smart Balance W/ Dinner Roll w/ Smart Balance W/ Drange-Pineapple Juice & 1% Milk (2) Orange-Pineapple Juice & 1% Milk (2) Pasta w/ Butternut Squash & Feta Cheese Tofu Cutlet Carrot Raisin Salad W/ W Dinner Roll w/Smart Balance W/ Dinner Roll w/Smart Balance W/ Drange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Pasta w/ Butternut Squash & Feta Cheese Tofu Cutlet Carrot Raisin Salad W/ W Dinner Roll w/Smart Balance W/ Drange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Veggie Burger W/ Ghamburger Bun w/ Meatless Patty Spring Mix W/ W Dinner Roll w/Smart Balance W/ Drange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Veggie Burger W/ Ghamburger Bun w/ Meatless Patty Spring Mix W/ Dinner Roll w/Smart Balance W/ Drange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) W/ Bread w/Smart Balance & SF Jelly	WG Mini Bagel (2)	Hard Boiled Egg (2)	WG Cheerios	WG Oatmeal	Plain Omelet
Orange-Pineapple Juice & 1% Milk (2)  Classic Egg Salad Sandwich Black Beans & Lentil Salad W/Cumin Lime Dressing WW Bread (2) IW Pears  Vegan Fillet Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance W/Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Dinner Roll w/Smart Balance W/Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Dinner Roll w/Smart Balance WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Pasta w/ Butternut Squash & Feta Cheese Tofu Cutlet Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Dinner Roll w/Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Pasta w/ Butternut Squash & Feta Cheese Tofu Cutlet Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Dinner Roll w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) Pasta w/ Butternut Squash & Feta Cheese Tofu Cutlet Carrot Raisin Salad WW Dinner Roll w/Smart Balance WW Dinner Roll	Cream Cheese	FF Yogurt (2)	FF Yogurt (2)	LF String Cheese	WG Muffin
Classic Egg Salad Sandwich Black Beans & Lentil Salad W/ Cumin Lime Dressing WW Bread (2) IW Pears  Vegan Fillet Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Orange Juice & 1% Milk (2) Pasta w/ Butternut Squash & Feta Cheese Tofu Cutlet Carrot Raisin Salad WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix  Orange Juice & 1% Milk (2) Orange Juice & 1% Milk (2)  Orange Ju	FF Yogurt (2)	WW Bread (2)	WW Bread w/Smart Balance & SF Jelly	FF Yogurt	FF Yogurt (2)
Black Beans & Lentil Salad W/ Cumin Lime Dressing W/ Cumin Lime Dressing W/ WB Bread (2) IW Pears  Vegan Fillet Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Fiesta Vegetable Mix Vegetarian Cilantro Lime Rice WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Fresh Apple  Tofu Cutlet Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Weggie Burger WG Hamburger Bun w/ Meatless Patty Spring Mix Beans & Corn Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Weggie Burger WG Hamburger Bun w/ Meatless Patty Spring Mix Beans & Corn Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Weggie Burger WG Hamburger Bun w/ Meatless Patty Spring Mix Beans & Corn Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Weggie Burger Chickenless Ranch Pasta Salad WW Dinner Roll w/Smart Balance IW Topical Fruit Mix  Weggie Burger Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Weggie Burger Chickenless Ranch Pasta Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Weggie Burger Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Weggie Burger Chickenless Ranch Pasta Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Weggie Burder Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Wegie Burder Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Wegie Burder Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Wegie Burder Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Wegie Burder Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Wegie Burder Carrot Raisin Salad WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Vegetable Mix Vegetable Mix Vegetable Mix Vegetable Mix Vegetable Mix Vegetable Mix Vegetable Mix Vegetable Mix Vegetable Mix Vegetable Mix Vegetable Mix Vegetable	Orange-Pineapple Juice & 1% Milk (2)	w/Smart Balance & SF Jelly	Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/Smart Balance & SF Jelly	WW Bread w/Smart Balance & SF Jelly
W/ Cumin Lime Dressing WW Bread (2) WW Bread (2) WP Pears  Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance WW Crackers (2pk) WW Dinner Roll w/Smart Balance WW Crackers (2pk) Fresh Apple Oriental Veg Blend Rice Pilaf WG Hamburger Bun w/ Meatless Patty Spring Mix WW Dinner Roll w/Smart Balance WW Dinner Roll w/Smart Balanc	Classic Egg Salad Sandwich	Orange Juice & 1% Milk (2)	Pasta w/ Butternut Squash & Feta Cheese	Orange Juice & 1% Milk (2)	Orange Juice & 1% Milk (2)
WW Bread (2)	Black Beans & Lentil Salad	Herbed Farro Salad w/ Nuts, Feta & Cucumber	Tofu Cutlet	Veggie Burger	Chickenless Ranch Pasta Salad
Wears   Spring Mix   IW Tropical Fruit Mix   Beans & Corn Salad   Canned Apricot   Canned	w/ Cumin Lime Dressing	Chickenless Strips	Carrot Raisin Salad	WG Hamburger Bun w/ Meatless Patty	Zucchini & Tomato Salad
Vegan Fillet Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Mandarin Orange  Meatless Meatball Fiesta Vegetable Mix Vegetarian Cilantro Lime Rice WW Crackers (2pk) Fresh Apple  WW Dinner Roll w/Smart Balance IW Mandarin Orange  Meatless Meatball Fiesta Vegetable Mix Vegetarian Cilantro Lime Rice WW Crackers (2pk) Fresh Apple  WW Crackers (2pk) Fresh Apple  Oriental Veg Blend WG White Corn Tortillas (2) WW Pineapple Chunks	WW Bread (2)	California Salad	WW Dinner Roll w/Smart Balance	Spring Mix	WW Dinner Roll w/Smart Balance
Veg Braised Savory Tomatoes Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix  Cheese Ravioli Fiesta Vegetable Mix Vegetarian Cilantro Lime Rice WW Crackers (2pk) WW Crackers (2pk) Fresh Apple Fresh Apple  Mayonnaise & Mustard Tofu Cutlet Winter Veg Blend W/ Asian Sauce Oriental Veg Blend WG White Corn Tortillas (2) WW Dinner Roll w/ Smart Balance Winter Veg Blend Wf Crackers (2pk) Fresh Apple Fresh Apple WG White Corn Tortillas (2) WW Dinner Roll w/ Smart Balance	IW Pears	Spring Mix	IW Tropical Fruit Mix	Beans & Corn Salad	IW Peaches
Scandinavian Veg Blend Mashed Potatoes WW Dinner Roll w/Smart Balance IW Tropical Fruit Mix W Marinara Sauce Wegetarian Cilantro Lime Rice WW Crackers (2pk) WW Crackers (2pk) Fresh Apple Fresh Apple Vegetarian Cilantro Lime Rice WW Crackers (2pk) WW Crackers (2pk) Fresh Apple Fresh Apple Oriental Veg Blend Winter Veg Blend W/ Asian Sauce Polenta WG White Corn Tortillas (2) Rice Pilaf IW Pineapple Chunks	Vegan Fillet	IW Mandarin Orange	Meatless Meatball	Canned Apricot	Chickenless Tenders
Mashed Potatoes  WW Dinner Roll w/Smart Balance  WW Dinner Roll w/Smart Balance  IW Tropical Fruit Mix  Broccoli  WW Crackers (2pk)  Fresh Apple  WW Crackers (2pk)  Fresh Apple  Oriental Veg Blend  Rice Pilaf  WW Crackers (2pk)  Fresh Apple  Oriental Veg Blend  Rice Pilaf  WW Crackers (2pk)  Fresh Apple  WH Asian Sauce  Oriental Veg Blend  WG White Corn Tortillas (2)  Rice Pilaf  WH Pineapple Chunks	Veg Braised Savory Tomatoes	Cheese Ravioli	Fiesta Vegetable Mix	Mayonnaise & Mustard	Ranchera Sauce
WW Dinner Roll w/Smart Balance Polenta Fresh Apple Oriental Veg Blend WG White Corn Tortillas (2) IW Tropical Fruit Mix WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	Scandinavian Veg Blend	w/ Marinara Sauce	Vegetarian Cilantro Lime Rice	Tofu Cutlet	Winter Veg Blend
IW Tropical Fruit Mix WW Dinner Roll w/ Smart Balance Rice Pilaf IW Pineapple Chunks	Mashed Potatoes	Broccoli	WW Crackers (2pk)	w/ Asian Sauce	Pinto Beans
	WW Dinner Roll w/Smart Balance	Polenta	Fresh Apple	Oriental Veg Blend	WG White Corn Tortillas (2)
IW Peaches IW Mandarin Orange	IW Tropical Fruit Mix	WW Dinner Roll w/ Smart Balance		Rice Pilaf	IW Pineapple Chunks
		IW Peaches		IW Mandarin Orange	

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.