

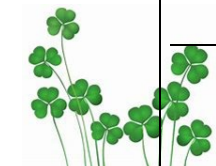
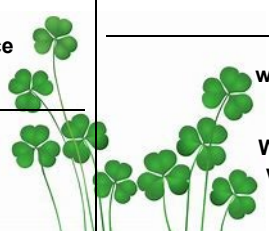
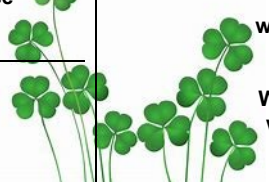




## Multicultural Home Delivered Meals March Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	<b>**7**</b>
WG Oatmeal Pouch Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Mediterranean Chicken Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Peach <hr/> Chicken Meatballs w/ Huli Huli Pineapple Sauce California Veg Blend Orzo Vegetable Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange	WG Waffle w/ SF Syrup & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Mexican Tuna Salad Tomato Cucumber Salad WW Bread (2) SF Ambrosia <hr/> Pork Tenderloin w/ Sweet Citrus Glaze Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll (2) w/ Smart Balance Fresh Apple	WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) <hr/> Barley Salad w/ Mango Dressing & Sliced Beef Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Apple <hr/> Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmin Rice IW Pineapple Chunks	WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2) <hr/> Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (4pk) IW Peach <hr/> Fish Tacos WW White Mini Corn Tortillas (4) w/ Fish Sticks (3) Pico de Gallo Mixed Vegetables Baby Baker Potatoes IW Mandarin Orange 	<b>**7**</b> WG Cheerios FF Yogurt Orange Juice & 1% Milk (2) <hr/> Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad Dinner Roll (2) IW Mandarin Orange <hr/> <b>**National Nutrition Month Holiday Meal**</b> Baked Salmon w/ Mango Salsa Broccoli Brown Rice IW Pears FF Yogurt w/ WG Granola
10	11	12	13	14
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Tuna Salad Black Bean & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple <hr/> Sliced Turkey w/ Turkey Gravy Sweet Potatoes Scandinavian Veg Blend WW Crackers (4pk) IW Peach	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) <hr/> Chicken Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) Italian Dressing IW Mandarin Orange <hr/> Tri-Color Pasta w/ Parmesan Sundried Tomato Sauce & Chicken Breast Corn & Carrots WW Dinner Roll w/Smart Balance Fresh Orange	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Turkey Sandwich WW Bread (2) w/ Roast Turkey & Spring Mix Green Pepper & Tomato Salad Mayo & Mustard IW Pears <hr/> Barbacoa Beef Pico de Gallo Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Mexican Rice Fresh Apple	WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) <hr/> Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Black Bean & Corn Salad Mayo & Mustard Canned Apricot <hr/> Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Veg Blend Pan Fried Egg Noodles WW Crackers (2pk) Fresh Orange SF Cookie	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Italian Dressing Fresh Apple <hr/> Vegetarian Enchiladas Casserole Broccoli & Carrots WG White Corn Tortilla (1) Brown Rice IW Pineapple Chunks
<b>**17**</b>	18	19	20	21
WW Bread (2) w/ SF Jelly & Smart Balance Hardboiled Egg FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Vietnamese Chicken Salad Confetti Rice Salad WW Dinner Roll (2) IW Peaches <hr/> <b>**St. Patrick's Day Holiday Meal**</b> Roast Beef w/ Mushroom Gravy Cabbage & Carrot Fettuccini Pasta Fresh Apple Lemon Cream Cake Cup 	WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) <hr/> Pork Taco Bowl (Pork, Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Cilantro Lime Dressing Fresh Orange <hr/> Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Jasmine Rice WW Crackers (4pk) IW Pears 	Hard Boiled Egg (2) WG Raisin Bran WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Cranberry Basil Chicken Salad Asian Cucumber Salad WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix <hr/> Cheese Ravioli w/ Marinara Sauce Broccoli Italian Veg Blend IW Mandarin Orange	WG Waffle w/ SF Syrup & Smart Balance FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Greek Chicken Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Homemade Ranch Dressing IW Peach <hr/> Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (1) Fresh Apple 	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Turkey Sandwich WW Bread (2) w/ Sliced Turkey Mexican Style Salad Mayo/ Mustard IW Pears <hr/> Roast Beef w/ Burgundy Sauce Sweet Potatoes Cooked Spinach WW Dinner Roll (2) w/ Smart Balance Fresh Orange 



## Multicultural Home Delivered Meals March Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Tarragon Chicken Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Italian Dressing IW Mandarin Orange Fish Fillet w/ Ranchera Sauce Corn & Lima Beans Mexican Rice WG White Corn Mini Tortillas (2) IW Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Chicken Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange Penne Pasta w/ Marinara Sauce LS Ground Turkey Italian Veg Blend Parmesan Cheese (1pkt) IW Pineapple Chunks	WW Bread w/ Cottage Cheese WG Cheerios FF Yogurt SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Creamy Chicken Pesto Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) w/ Smart Balance IW Peach Salisbury Steak w/ Mushroom Brown Gravy Broccoli Cuts Mashed Potatoes WW Crackers (4pk) IW Mandarin Orange	Hardboiled Egg (1) WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Mediterranean Tuna Salad Corn & Tomato Salad w/ Pesto Dressing WW Bread (2) Homemade Ranch Dressing Fresh Orange Pepper Garlic Beef Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks
<b>31</b>				
WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Crackers (4pk) WW Dinner Roll (2) IW Pears Cubed Beef w/ Stew Gravy & Stew Vegetables Broccoli Jasmin Rice IW Tropical Fruit Mix				

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

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)