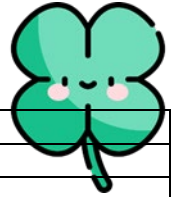
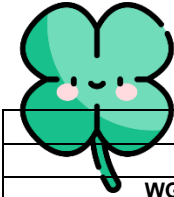
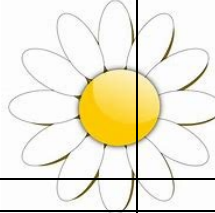


Hispanic Home Delivered Meals March Menu 2025



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






Hispanic Home Delivered Meals March Menu 2025

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
WG Oatmeal Pouch FF Yogurt Cottage Cheese Orange Juice & 1% Milk (2) <hr/> 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 <hr/> 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 Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Chicken Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange <hr/> Cheese Enchiladas w/ Red Enchilada Sauce Peas & Carrots Spanish Rice IW Pineapple Chunks	WW Bread w/ Cottage Cheese WG Cheerios FF Yogurt SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2) <hr/> Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears <hr/> Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Carrots 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) <hr/> Creamy Chicken Pesto Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach <hr/> Salisbury Steak w/ Ranchera Sauce Broccoli Cuts Spanish Rice IW Mandarin Orange	Hardboiled Egg (1) WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) <hr/> Mediterranean Tuna Salad Corn & Tomato Salad w/ Pesto Dressing WW Bread (2) Homemade Ranch Dressing Fresh Orange <hr/> Fajita Plate Chicken Strips w/ Fajita Veg Blend Ranchera Sauce Mexican Rice WG White Corn Tortilla (1) IW Pineapple Chunks
31 WG Cheerios Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Crackers (4pk) WW Dinner Roll w/ Smart Balance IW Pears <hr/> Barbacoa Beef Pinto Beans Mixed Veg Blend WG White Mini Corn Tortillas (2) Pico de Gallo 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.