


## Lactose Free Home Delivered Meals March Menu 2025


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





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