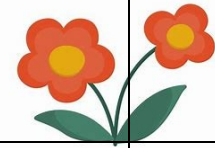




Vegetarian Home Delivered Meals March Menu 2025


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>WG Oatmeal Pouch WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Mediterranean Chickenless Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll (2) IW Peach</p> <hr/> <p>Breaded Chickenless Patty w/ Veg Country Mushroom Gravy Peas & Carrots Orzo w/ Vegetables Pilaf Fresh Orange</p>	<p>4</p> <p>WG Waffle w/ SF Syrup LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) IW Tropical Fruit Mix</p> <hr/> <p>Vegan Fish Fillet w/ Veg Diane Sauce Mixed Vegetables Fettuccini WW Dinner Roll Fresh Apple</p>	<p>5</p> <p>WG Oatmeal Pouch Hardboiled Egg (1) FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Barley Salad w/ Mango Dressing & Chickenless Chicken Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) Fresh Apple</p> <hr/> <p>Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice IW Pears</p>	<p>6</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Heart Healthy Garbanzo Salad Beets & Orange Salad WW Dinner Roll (2) IW Peach</p> <hr/> <p>Tofu w/ Kung Pao Sauce Peas & Carrots Jasmine Rice Fresh Orange</p>	<p>**7**</p> <p>WG Cheerios FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Chickenless Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad Dinner Roll (2) IW Mandarin Orange</p> <hr/> <p>**National Nutrition Month Holiday Meal**</p> <p>Vegan Fish Fillet w/ Mango Salsa Broccoli Brown Rice IW Pears FF Yogurt w/ WG Granola</p>
<p>10</p> <p>WG Mini Bagel w/ Cream Cheese Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Vegetarian Provencal Tofu Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Dinner Roll (2) Fresh Apple</p> <hr/> <p>Vegan Fish Fillet w/ Veg Braised Savory Tomato Scandinavian Veg Blend Brown Rice Canned Apricot</p>	<p>11</p> <p>WG Oatmeal Pouch WW Bread FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Chickenless Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) IW Mandarin Orange</p> <hr/> <p>Cheese Ravioli w/ Marinara Sauce Vegan Chicken Tender Broccoli & Carrots Polenta WW Dinner Roll IW Peach</p>	<p>12</p> <p>WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Chickenless Corn Pasta Salad Green Pepper & Tomato Salad Spring Mix WW Crackers (2pk) IW Pears</p> <hr/> <p>Meatless Meatball Sweet Citrus Glaze Fiesta Vegetable Mix Vegetarian Cilantro Lime Rice WW Dinner Roll (2) Fresh Apple</p>	<p>13</p> <p>WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Vegan Hamburger WG Hamburger Bun w/ Meatless Burger Patty Spring Mix Black Bean & Corn Salad Mayo & Mustard Canned Apricot</p> <hr/> <p>Tofu Cutlet w/ Asian Sauce Oriental Veg Blend Vegetarian Rice Pilaf IW Mandarin Orange</p>	<p>14</p> <p>WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Chickenless Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Chickenless Tenders w/ Ranchera Sauce Peas & Carrots Pinto Beans WG White Corn Tortilla (2) Brown Rice IW Pineapple Chunks</p>
<p>**17**</p> <p>WW Bread (2) w/ SF Jelly & Smart Balance Hardboiled Egg (1) FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Vietnamese Chickenless Salad Confetti Rice Salad WW Dinner Roll (2) IW Peaches</p> <hr/> <p>**St. Patrick's Day Holiday Meal**</p> <p>Meatless Meatball w/ Veg Country Mushroom Gravy Cabbage & Carrot Fettuccini Pasta Fresh Apple Lemon Cream Cake Cup</p>	<p>18</p> <p>WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Vegan Taco Bowl (Chickenless Chunks, Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Cilantro Lime Dressing Fresh Orange</p> <hr/> <p>Breaded Chickenless Patty w/ Veg Apricot Sauce Corn & Lima Beans WW Dinner Roll Jasmine Rice 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 Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix</p> <hr/> <p>Tofu Cutlet w/ Veg Coconut Curry Sauce Carrots Brown Rice IW Mandarin Orange</p>	<p>20</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Greek Chickenless Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Peach</p> <hr/> <p>Spinach & Mushroom Quiche Scandinavian Veg Blend Vegetarian Spanish Rice Fresh Orange</p>	<p>21</p> <p>WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Classic Egg Salad Mexican Style Salad Spring Mix WW Bread (2) IW Pears</p> <hr/> <p>Chickenless Tenders Veg Creole Sauce Mixed Vegetable WW Dinner Roll Fettuccini Pasta Fresh Orange</p>





Vegetarian Home Delivered Meals March Menu 2025

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/ SF Jelly WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)	Hardboiled Egg (1) WG Cheerios FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2)
Tarragon Chickenless Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Mandarin Orange	Chickenless Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange	Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears	Creamy Chickenless Pesto Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) IW Peach	Vegetarian Provencal Tofu Salad Corn & Tomato Salad w/ Pesto Dressing WW Bread (2) Fresh Orange
Fish Sub w/ Ranchera Sauce Corn & Lima Beans Vegetarian Mexican Rice WG White Corn Mini Tortillas (4) IW Tropical Fruit Mix	Penne Pasta w/ Marinara Sauce Chickenless Tender Italian Veg Blend Parmesan Cheese (1pkt) IW Pineapple Chunks	Chickenless Strips w/ Ranchera Sauce Fiesta Blend Vegetarian Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple	Meatless Meatball VG Mushroom Brown Gravy Broccoli Cuts & Carrots Mashed Potatoes WW Dinner Roll IW Mandarin Orange	Beef Sub w/ Veg Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll IW Pineapple Chunks
31 Hardboiled Egg (1) WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2)				Chickenless Green Beans & Tomato Salad Mexican Style Salad Spring Mix WW Dinner Roll (2) IW Pears
Meatless Burger Black Bean w/ Vegan Country Mushroom Gravy Broccoli & Carrots Brown 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.