


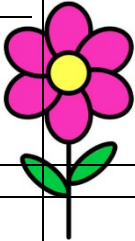
Asian Home Delivered Meals April Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>April</i></p>	<p>1</p> <p>WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Dinner Roll (2) IW Mandarin Orange</p> <hr/> <p>Shrimp & Pork in Hot Sauce Stir Fry Supreme Veg Blend Brown Rice Sesame Seeds/ Chopped Onion Fresh Orange</p>	<p>2</p> <p>WG Cheerios WW Bread FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Peach</p> <hr/> <p>Chicken in Tamarind Broccoli & Carrots Jasmine Rice Sesame Seeds Fresh Apple</p>	<p>3</p> <p>WG Oatmeal Pouch WW Bread w/ SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Dinner Roll (2) Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice Fresh Orange</p>	<p>**4**</p> <p>WG Raisin Bran WW Bread (2) FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Dinner Roll IW Tropical Fruit Mix</p> <p>**Spring Celebration Holiday Meal**</p> <p>Baked Fish w/ Pineapple Glaze Sweet Potato & Peas WW Dinner Roll Carrot Cake Fresh Apple</p>
	<p>7</p> <p>WW Bread w/ SF Jelly WG Oatmeal Pouch LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach</p> <hr/> <p>Breaded Fish Sweet Citrus Glaze Sauce Stir Fried Gai Lan Brown Rice Fresh Apple</p>	<p>8</p> <p>WG Cheerios Hardboiled Egg (1) FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll (2) IW Pineapple Chunks</p> <hr/> <p>Stir-Fry Beef w/ Snow Peas Broccoli Jasmine Rice WW Crackers (2pk) Chopped Red Pepper Fresh Apple</p>	<p>9</p> <p>WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Meatloaf Sandwich Meatloaf w/ WG Hamburger Bun Corn, Lima Bean & Tomato Salad Spring Mix Ketchup Italian Dressing IW Mandarin Orange</p> <hr/> <p>Chicken Breast w/ Coconut Curry Sauce Sliced Carrots Egg Noodle WW Crackers (4pk) IW Peach</p>	<p>10</p> <p>WW Bread (2) w/ SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Pear</p> <hr/> <p>Roast Pork Sweet Citrus Glaze Broccoli & Cauliflower Pineapple Fried Rice Fresh Apple</p>
<p>14</p> <p>WG Oatmeal Pouch 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) IW Peach</p> <hr/> <p>Chicken Meatballs w/ Curry Pineapple Sauce California Veg Blend Pineapple Fried Rice Mandarin Orange</p>	<p>15</p> <p>WG Waffle w/ SF Syrup & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing SF Ambrosia</p> <hr/> <p>Pork Tenderloin w/ Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple</p>	<p>16</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) Fresh Apple</p> <hr/> <p>Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmine Rice IW Pineapple Chunks</p>	<p>17</p> <p>WG Cheerios Hardboiled Eggs (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Heart Healthy Garbanzo Salad Beets & Orange Salad Spring Mix WW Crackers (4pk) IW Peach</p> <hr/> <p>Pork in Five Spice Sauce Mixed Vegetables Jasmine Rice WW Dinner Roll (2) Chopped Cilantro Fresh Orange</p>	<p>**18**</p> <p>WW Bread (2) w/ Smart Balance & SF Jelly WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll IW Mandarin Orange</p> <p>**Eggstravaganza Special Holiday Meal**</p> <p>Cheese Tortellini w/ Marinara Sauce Chicken Meatball Capri Vegetable Blend WW Dinner Roll Strawberry Cheesecake Cup IW Pears</p>



Asian Home Delivered Meals April Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
WG Mini Bagel w/ Cream Cheese Hardboiled Egg (1) FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)
Tuna Salad Black Bean & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Italian Dressing Fresh Apple	LF String Cheese Orange Juice & 1% Milk (2) Chicken Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) Italian Dressing IW Mandarin Orange	Turkey Sandwich WW Bread (2) w/ Roast Turkey & Spring Mix Green Pepper & Tomato Salad Mayo & Mustard IW Pears	Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Black Bean & Corn Salad Mayo & Mustard IW Peach	Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Apple
Chicken w/ Rice Noodle & Vegetables Stir Fried Gai Lan WW Dinner Roll w/ Smart Balance IW Peach	Orange Chicken Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	Baked Fish w/ Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll Chopped Cilantro Fresh Apple	Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Oriental Veg Blend Pan Fried Egg Noodles WW Crackers (2pk) Fresh Orange SF Cookie	Vietnamese Beef Curry Sliced Carrots Jasmine Rice Chopped Onions IW Pineapple Chunks
28	29	30		
WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2)		
Vietnamese Chicken Salad Spring Mix Confetti Rice Salad WW Dinner Roll (2) IW Peaches	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	Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix		
Pork & Tofu in Caramel Sauce Carrots Brown Rice Fresh Apple	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Jasmine Rice WW Crackers (4pk) IW Pears	Curried Chicken Stir Fry Supreme Veg. Blend Jasmine Rice Chopped Green Onion w/ Sesame Seeds 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.

