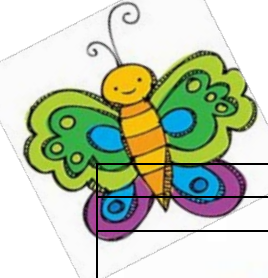


# Multicultural Home Delivered Meals April Menu 2025



MONDAY
7
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Peach Breaded Fish Broccoli WG White Corn Tortilla (1) Spanish Rice Pico de Gallo Fresh Apple
14
WG Oatmeal Pouch Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chicken Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Peach Chicken Meatballs w/ Huli Huli Pineapple Sauce California Veg Blend Orzo Vegetable Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange

TUESDAY
1
WG Oatmeal Pouch Hardboiled Egg (2) WW Bread FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Italian Dressing IW Mandarin Orange Sliced Turkey w/ Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange
8
WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Pineapple Chunks Turkey Pot Roast w/ Brown Gravy Peas & Carrots WG Corn Muffin WW Crackers (4pk) Fresh Orange
15
WG Waffle w/ SF Syrup & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad Tomato Cucumber Salad WW Bread (2) SF Ambrosia Pork Tenderloin w/ Sweet Citrus Glaze Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll (2) w/ Smart Balance Fresh Apple

WEDNESDAY
2
WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll (2) IW Peach Pulled Pork w/ Tomatillo Sauce Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) Fresh Apple
9
WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Meatloaf Sandwich Meatloaf w/ WG Hamburger Bun Corn, Lima Bean & Tomato Salad Spring Mix Ketchup Italian Dressing IW Mandarin Orange Chicken Breast w/ Coconut Curry Sauce Sliced Carrots Egg Noodle WW Crackers (4pk) IW Tropical Fruit Mix
16
WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) 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 Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmin Rice IW Pineapple Chunks

THURSDAY
3
WG Oatmeal Pouch WW Bread Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix Cilantro Lime Dressing IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice WW Dinner Roll (2) Fresh Orange
10
WW Bread (2) w/ Peanut Butter & S Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Italian Dressing IW Pear Roast Beef w/ Brown Gravy Cooked Spinach Bow Tie Pasta Fresh Apple
17
WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (4pk) IW Peach Fish Tacos WG White Mini Corn Tortillas (4) w/ Fish Sticks (3) Pico de Gallo Mixed Vegetables Baby Baker Potatoes IW Mandarin Orange

FRIDAY
**4**
WG Raisin Bran Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Crackers (4pk) Italian Dressing IW Tropical Fruit Mix <b>**Spring Celebration Holiday Meal**</b> Baked Fish w/ Pineapple Glaze Sweet Potato & Peas WW Dinner Roll (2) Carrot Cake Fresh Apple
11
WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2) Chef's Salad (Sliced Turkey, Egg, Peppers, Corn, Carrots, Cucumber, Shredded Swiss Cheese) Spring Mix WW Dinner Roll w/ Smart Balance Homemade Ranch Dressing Fresh Apple Pork Carnitas Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks
**18**
WG Cheerios WW Bread (2) w/ SF Jelly & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll IW Mandarin Orange <b>**Eggstravaganza Special Holiday Meal**</b> Cheese Tortellini w/ Marinara Sauce Chicken Meatball Capri Vegetable Blend WW Dinner Roll Strawberry Cheesecake Cup IW Pears



## Multicultural Home Delivered Meals April Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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>28</b>	<b>29</b>	<b>30</b>		
WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) <hr/> Vietnamese Chicken Salad Confetti Rice Salad WW Dinner Roll (2) w/ Smart Balance IW Peaches <hr/> Breakfast for Dinner Omelet Chicken Sausage (1) Capri Vegetables Baby Baked Potato WW Crackers (4pk) Fresh Apple	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		

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