



Hispanic Home Delivered Meals April Menu 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
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| | <p>1</p> <p>WG Oatmeal Pouch Hardboiled Egg (2) FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Crackers (4pk) Italian Dressing IW Mandarin Orange</p> <hr/> <p>Sliced Turkey w/ Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) w/ Smart Balance Fresh Apple</p> | <p>2</p> <p>WW Bread w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peach</p> <hr/> <p>Pulled Pork w/ Chile Verde Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) IW Pears</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 Crackers (4pk) Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Breaded Fish Pico de Gallo Sliced Carrots WG White Corn Mini Tortillas (2) Brown Rice Fresh Orange</p> | <p>**4**</p> <p>WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Crackers (4pk) IW Tropical Fruit Mix</p> <hr/> <p>**Spring Celebration Holiday Meal**</p> <p>Baked Fish w/ Pineapple Glaze Sweet Potato & Peas WW Dinner Roll (2) Carrot Cake Fresh Apple</p> | |
| | <p>7</p> <p>WW Bread w/ SF Jelly & Smart Balance 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 w/ Smart Balance Italian Dressing IW Peach</p> <hr/> <p>Breaded Fish Broccoli WG White Corn Tortilla (1) Spanish Rice Pico de Gallo Fresh Apple</p> | <p>8</p> <p>WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken Corn Pasta Salad Tomato Cucumber Salad WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks</p> <hr/> <p>Ground Turkey Picadillo Sauce Red Skin Potatoes Mixed Vegetables WG White Corn Tortillas (2) Fresh Orange</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>Beef Fajitas Beef w/ Fajita Veg Blend Broccoli Cilantro Lime Rice WG Corn Tortilla (1) Tomatillo Sauce IW Peach</p> | <p>10</p> <p>WW Bread (2) w/ Peanut Butter & S 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 w/ Smart Balance Italian Dressing IW Pear</p> <hr/> <p>Tilapia Fillet Ranchera Sauce Winter Veg Blend Rice Pilaf WG White Corn Tortilla (1) Fresh Apple</p> | <p>11</p> <p>WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2)</p> <hr/> <p>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</p> <hr/> <p>Pork Carnitas Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks</p> |
| | <p>14</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>15</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>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) 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>17</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>**18**</p> <p>WG Raisin Bran WW Bread (2) 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> <hr/> <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> |





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| 21 | 22 | 23 | 24 | 25 |
| WG Mini Bagel w/ Cream Cheese FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) <hr/> Tuna Salad Black Bean & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple <hr/> Ground Turkey w/ Picadillo Sauce Red Skin Potatoes Scandinavian Blend WG White Corn Tortilla (1) 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/> Pork Carnitas Mixed Vegetables Mexican Rice WG White Corn Tortilla (1) IW Tropical Fruit Mix | WG Raisin Bran FF Yogurt LF String Cheese 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 FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) <hr/> Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Black Bean & Corn Salad Ketchup, Mayo & Mustard Canned Apricot <hr/> Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Veg Blend Rice Pilaf Fresh Orange | 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 Enchilada Casserole Broccoli & Carrots WG White Corn Tortilla (1) Brown Rice IW Pineapple Chunks |
| 28 | 29 | 30 | | |
| WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) <hr/> Vietnamese Chicken Salad Confetti Rice Salad Spring Mix WW Crackers (4pk) WW Dinner Roll Italian Dressing IW Peaches <hr/> Beef Enchilada Casserole Mixed Vegetable Cilantro Lime Rice Fresh Apple | WG Oatmeal Pouch WW Bread 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 (2) Cilantro Lime Dressing Fresh Orange <hr/> Chicken Breast w/ Ranchera Sauce Oriental Veg Blend Jasmine Rice WW Crackers (2pk) IW Pears | WG Cheerios WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Cranberry Basil Chicken Salad Asian Cucumber Salad WW Dinner Roll (2) IW Tropical Fruit Mix <hr/> Carne Con Chile (Beef w/ Chili Sauce) Scandinavian Blend Carrots Pinto Beans Mexican Rice IW Pears | | |

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