


## Lactose Free Home Delivered Meals April Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	<b>**4**</b>
	WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix Balsamic Dressing IW Mandarin Orange Sliced Turkey w/ LF Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll (2) w/ Smart Balance IW Peach Pulled Pork w/ Tomatillo Sauce Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) Fresh Apple	WG Oatmeal Pouch WW Bread LF Yogurt Orange-Pineapple Juice & LF Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, LF Shredded Cheese) Spring Mix Cilantro Lime Dressing IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend & Carrots Brown Rice WW Dinner Roll (2) Fresh Orange	WG Cheerios Granola Honey Bar LF Yogurt (2) Orange Juice & LF Milk (2) Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Crackers (4pk) IW Tropical Fruit Mix <b>**Spring Celebration Holiday Meal**</b> Baked Fish w/ Pineapple Glaze Sweet Potato Peas WW Dinner Roll (2) Peach Pie Fresh Apple
7	8	9	10	11
WG Oatmeal Pouch LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) LF Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll w/ Smart Balance Balsamic Dressing IW Peach Breaded Fish Broccoli WG White Corn Tortilla (2) Spanish Rice Pico de Gallo Fresh Apple	WG Cheerios Granola Honey Bar LF Yogurt (2) Orange Juice & LF Milk (2) Chicken Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks Turkey Pot Roast w/ LF Brown Gravy Peas & Carrots LF Mashed Potatoes WW Crackers (2pk) Fresh Orange	WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) Beef Hamburger WG Hamburger Bun w/ Beef Patty Corn, Lima Bean & Tomato Salad Spring Mix Mayo/ Mustard IW Mandarin Orange Chicken Breast w/ LF Coconut Curry Sauce Sliced Carrots Egg Noodle WW Crackers (4pk) IW Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & S Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Pear Roast Beef w/ LF Brown Gravy Cooked Spinach Brown Rice Fresh Apple	WG Cheerios LF Yogurt Orange Juice & LF Milk (2) LF Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, LF Shredded Swiss Cheese) Spring Mix WW Dinner Roll (2) LF Homemade Ranch Dressing Fresh Apple Pork Carnitas Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks
14	15	16	17	<b>**18**</b>
WG Oatmeal Pouch Granola Honey Bar LF Yogurt (2) Orange Juice & LF Milk (2) LF Mediterranean Chicken Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll (2) IW Peach Meatless Meatballs Huli Huli Pineapple Sauce Carrots Orzo Vegetable Pilaf Fresh Orange	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Mexican Tuna Salad Tomato Cucumber Salad WW Bread (2) IW Tropical Fruit Mix Pork Tenderloin w/ Sweet Citrus Glaze Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll (2) Fresh Apple	WG Oatmeal Pouch LF Yogurt (2) WW Bread Orange Juice & LF Milk (2) Barley Salad w/ Mango Dressing & Sliced Beef Corn, Lima Beans & Tomato Salad Spring Mix WW Dinner Roll (2) Fresh Apple Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmine Rice IW Pineapple Chunks	WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & LF Milk (2) LF Healthy Garbanzo Salad Beets & Orange Salad WW Dinner Roll IW Peach Fish Tacos WG White Mini Corn Tortillas (4) w/ Fish Sticks (3) Pico de Gallo Mixed Vegetables Baby Baker Potato IW Mandarin Orange	WG Cheerios WW Bread (2) LF Yogurt (2) Orange Juice & LF Milk (2) Chicken Thai Citrus Crunch Salad LF Mexican Corn, Zucchini & Tomato Salad Dinner Roll IW Mandarin Orange <b>**Eggstravaganza Special Holiday Meal**</b> Meatless Meatball w/ Marinara Sauce Capri Vegetable WW Dinner Roll Peach Pie IW Pears





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
WG Mini Bagel LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WW Bread w/ SF Jelly WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2)	WG Raisin Bran LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WG Cheerios WW Bread LF Yogurt (2) Orange Juice & LF Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange Juice & LF Milk (2)
Tuna Salad Black Bean & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple	LF Chicken Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) 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 Canned Apricot	LF Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix Fresh Apple
Sliced Turkey w/ LF Turkey Gravy Sweet Potatoes Scandinavian Veg Blend WW Dinner Roll IW Peach	Tri-Color Pasta w/ LF Parmesan Sundried Tomato Sauce & Chicken Breast Corn & Carrots WW Dinner Roll Fresh Orange	Barbacoa Beef Pico de Gallo Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Mexican Rice Fresh Apple	Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Veg Blend Pan Fried Egg Noodles WW Crackers (2pk) Fresh Orange	LF Vegetarian Enchiladas Casserole Broccoli & Carrots WG White Corn Tortillas (2) Brown Rice IW Pineapple Chunks
28	29	30		
WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) WG Granola Bar Orange Juice & LF Milk (2)	WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (2) LF Pork Taco Bowl (Pork, Pinto Beans, Corn, LF Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Fresh Orange	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) LF Cranberry Basil Chicken Salad Asian Cucumber Salad WW Dinner Roll IW Tropical Fruit Mix		
Vietnamese Chicken Salad Confetti Rice Salad WW Dinner Roll (2) IW Peaches	Breakfast for Dinner Omelet Chicken Sausage (1) Baby Baked Potatoes Capri Vegetables Fresh Apple	Carne con Chile (Beef w/ Chili Sauce) Scandinavian Veg Blend Carrots Pinto Beans Mexican Rice White Corn Tortilla (2) 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

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)