
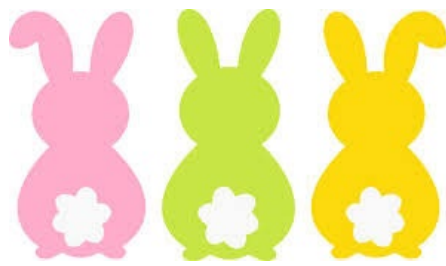


Vegetarian Home Delivered Meals April Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Dinner Roll (2) IW Mandarin Orange Breaded Chickenless Patty w/ Vegetarian Gravy Italian Veg Blend Fettuccini IW Mandarin Orange	2 Hardboiled Egg (1) WG Cheerios FF Yogurt (2) WW Bread Orange Juice & 1% Milk (2) Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Vegan Chicken Tender Spring Mix WW Cracker (4pk) WW Dinner Roll (2) IW Peach Vegetarian Enchilada Casserole Peas & Carrots Veg Cilantro Lime Rice IW Pears	3 WG Oatmeal Pouch WW Bread Orange-Pineapple Juice & 1% Milk (2) Vegan Taco Salad (Chickenless Sub, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Crackers (4pk) IW Pineapple Chunks Vegan Fish Fillet Oriental Veg Blend Brown Rice WW Dinner Roll Tartar Sauce Fresh Orange	**4** WG Cheerios Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Sub Green Pepper & Tomato Salad Spring Mix WW Crackers (4pk) IW Tropical Fruit Mix **Spring Celebration Holiday Meal** Fish Sub w/ Pineapple Glaze Sweet Potato Peas & Carrots WW Dinner Roll (2) Carrot Cake Fresh Apple	
	7 WG Oatmeal Pouch WW Bread FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chickenless Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll (2) IW Peach Vegan Fish Green Beans Cooked Bowtie Pasta Tartar Sauce Fresh Apple	8 WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Corn Pasta Salad Tomato Cucumber Salad WW Crackers (2pk) IW Pineapple Chunks Chickenless Tender Chile Verde Pinto Beans Broccoli WG White Mini Corn Tortillas (2) Fresh Orange	9 WG Oatmeal Pouch Hardboiled Egg (2) FF Yogurt (2) Orange Juice & 1% Milk (2) Meatless Burger WG Hamburger Bun w/ Meatless Burger Patty Corn, Lima Beans & Tomato Salad Mayo/ Mustard IW Mandarin Orange Garden Chili w/ Kidney Beans Carrots Mixed Vegetables WW Dinner Roll (2) IW Tropical Fruit Mix	10 WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chickenless Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) IW Pears Vegetarian Lasagna Broccoli & Carrots Brown Rice Fresh Apple	11 WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2) Chef's Salad (Chickenless Chunk, Peppers, Corn, Carrots, Cucumber, Shredded Swiss Cheese) Spring Mix WW Dinner Roll Homemade Ranch Dressing Fresh Apple Chickenless Strips Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks
	14 WG Oatmeal Pouch WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chickenless Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll (2) IW Peach Breaded Chickenless Patty w/ Veg Country Mushroom Gravy Peas & Carrots Orzo w/ Vegetables Pilaf Fresh Orange	15 WG Waffle w/ SF Syrup LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) IW Tropical Fruit Mix Vegan Fish Fillet w/ Veg Diane Sauce Mixed Vegetables Fettuccini WW Dinner Roll Fresh Apple	16 WG Oatmeal Pouch Hardboiled Egg (1) FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Barley Salad w/ Mango Dressing & Chickenless Chicken Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) Fresh Apple Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice IW Pears	17 WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad WW Dinner Roll (2) IW Peach Tofu w/ Kung Pao Sauce Peas & Carrots Jasmine Rice Fresh Orange	**18** WG Cheerios WW Bread (2) FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll IW Mandarin Orange **Eggstravaganza Special Holiday Meal** Cheese Tortellini Meatless Meatball Capri Vegetable Blend WW Dinner Roll Strawberry Cheesecake Cup IW Pears





Vegetarian Home Delivered Meals April Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
<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>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>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>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>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>
28	29	30		
<p>WW Bread (2) w/ Peanut Butter & SF Jelly 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>Breakfast for Dinner Omelet Hardboiled Eggs (2) Baby Baked Potatoes Capri Vegetables WG Oatmeal Pouch Fresh Apple</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>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>		

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.