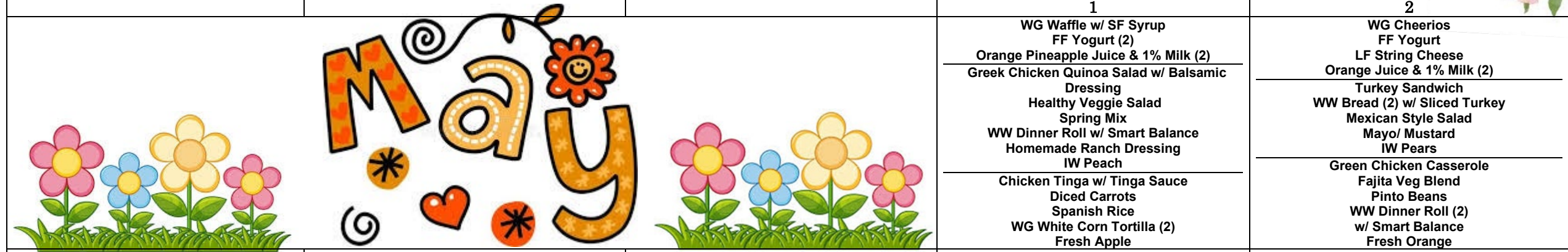




Hispanic Home Delivered Meals May Menu 2025

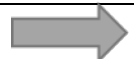


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			1	2
			WG Waffle w/ SF Syrup FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2) Greek Chicken Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Dinner Roll w/ Smart Balance Homemade Ranch Dressing IW Peach	WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey Mexican Style Salad Mayo/ Mustard IW Pears
			Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (2) Fresh Apple	Green Chicken Casserole Fajita Veg Blend Pinto Beans WW Dinner Roll (2) w/ Smart Balance Fresh Orange
5	6	7	8	9
WG Oatmeal Pouch FF Yogurt Cottage Cheese Orange Juice & 1% Milk (2) Tarragon Chicken Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Italian Dressing IW Mandarin Orange	WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chicken Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange	WW Bread w/ Cottage Cheese WG Cheerios FF Yogurt SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Creamy Chicken Pesto Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach	Hardboiled Egg (1) WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Mediterranean Tuna Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Orange
Cinco de Mayo Celebration Pork Carnitas Tacos WG Mini White Corn Tortillas (2) Pico de Gallo & Lemon Slice Black Beans Spanish Rice IW Pears Flan	Cheese Enchiladas w/ Red Enchilada Sauce Peas & Carrots Spanish Rice IW Pineapple Chunks	Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Carrots Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple	Salisbury Steak w/ Ranchera Sauce Broccoli Cuts Spanish Rice IW Mandarin Orange	Fajita Plate Chicken Strips w/ Fajita Veg Blend Ranchera Sauce Mexican Rice WG White Corn Tortilla (1) IW Pineapple Chunks
12	13	14	15	16
WG Cheerios Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad Spring Mix WW Crackers (4pk) WW Dinner Roll IW Pears	WG Oatmeal Pouch Hardboiled Egg (2) FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Crackers (4pk) Italian Dressing IW Mandarin Orange	WW Bread w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peach	WG Oatmeal Pouch WW Bread w/ SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Crackers (4pk) Cilantro Lime Dressing IW Pineapple Chunks	WG Cheerios WW Bread w/ Smart Balance & SF Jelly 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
Mother's Day Celebration Chicken Cordon Bleu Sliced Carrots Rice Pilaf IW Tropical Fruit Mix Tiramisu Cup	Sliced Turkey w/ Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) w/ Smart Balance Fresh Apple	Pulled Pork w/ Chile Verde Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) IW Pears	Breaded Fish Pico de Gallo Sliced Carrots WG White Corn Mini Tortillas (2) Brown Rice Fresh Orange	Carne Con Chile (Beef w/ Chili Sauce) Fajitas Veg Blend WG White Corn Mini Tortillas (2) Spanish Rice Fresh Apple

Voluntary Contribution \$5.25 per day

www.MealsOnWheelsOC.org

TURN OVER





Hispanic Home Delivered Meals May Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
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	WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Chicken Corn Pasta Salad Tomato Cucumber Salad WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks Ground Turkey Picadillo Sauce Red Skin Potatoes Mixed Vegetables WG White Corn Tortillas (2) Fresh Orange	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 Beef Fajitas Beef w/ Fajita Veg Blend Broccoli Cilantro Lime Rice WG Corn Tortilla (1) Tomatillo Sauce IW Peach	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Pear Tilapia Fillet Ranchera Sauce Winter Veg Blend Rice Pilaf WG White Corn Tortilla (1) Fresh Apple	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
26	27	28	29	30
Memorial Day Celebration BBQ McRib Pork w/ BBQ Sauce Corn Brown Rice Fresh Orange Lemon Cake 1% Milk	WG Waffle w/ SF Syrup Hardboiled Egg (1) 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/ Salsa Verde Sweet Potatoes Broccoli & Carrots Spanish Rice WG White Mini Corn Tortillas (2) Fresh Apple	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 Diced Chicken w/ Chunky Salsa Sauce Capri Vegetable Jasmine Rice IW Pineapple Chunks	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 Potato IW Mandarin Orange	WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad Dinner Roll w/ Smart Balance IW Mandarin Orange Diced Chicken Salsa Ranchera Peas & Carrots Mexican Rice WG 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