




Alignment Healthcare

2020 February Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Bran Muffin, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Butternut Squash Pasta w/Feta Cheese Tomato & Zucchini Salad WW Dinner Roll w/Promise <u>Mandarin Oranges</u> Kung Pao Chicken Jasmin Rice Oriental Vegetable Blend SF Cake	Hardboiled Eggs (2), Milk (2) Orange-Pineapple Juice, Low Fat Yogurt <u>WW Bread w/Promise & SF Jelly</u> Heart Healthy Salad (Garbanzo Beans, Corn, Kidney Beans, Diced Tomatoes, Feta Cheese w/Olive Oil & Lemon Juice) WW Dinner Roll w/Promise <u>SF Cookies</u> Meatballs w/ Swedish Sauce Egg Noodles Green Peas WW Dinner Roll w/Promise Fresh Orange	Oatmeal, Milk (2) Orange Juice, Low Fat Yogurt <u>Raisins</u> Chicken Fiesta Salad Carrot Raisin Salad WW Dinner Roll w/Promise <u>SF Fruit Crisp</u> Pork Tenderloin w/ Mushroom Gravy Mashed Potatoes California Vegetable Blend WW Dinner Roll w/Promise Applesauce	Cottage Cheese, Milk (2) Orange Pineapple Juice <u>WW Bread w/Peanut Butter & SF Jelly</u> Thai Chicken Salad w/Dressing WW Crackers (2) <u>Tropical Fruit Mix</u> Mrs. Friday Fish w/ Tartar Sauce Cilantro Lime Rice Broccoli WW Dinner Roll w/Promise Fresh Fruit	Multigrain Cheerios, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Cranberry Basil Chicken Salad Quinoa Salad WW Dinner Roll w/Promise <u>Ambrosia</u> Stuffed Pepper Brown Rice Spinach WW Dinner Roll w/Promise Pineapple Chunks
10	11	12	13	**14**
Hardboiled Eggs (2), Milk (2) Orange Juice, <u>WW Bread w/Promise & SF Jelly</u> Tuscan Tuna and White Bean Salad Zucchini & Tomato Salad WW Dinner Roll w/Promise <u>SF Fruited Gelatin</u> Grilled Chicken Breast w/ Lemongrass Sauce Brown Rice Oriental Vegetable Blend WW Dinner Roll w/Promise Canned Apricots	Cottage Cheese, Milk (2) Fruit Cocktail <u>Mini Muffin</u> Beef Hamburger on WW Bun w/ Mayo & Mustard Coleslaw Salad <u>Mandarin Oranges</u> Beef w/ Bolognese Sauce & Parmesan Cheese Bow Tie Pasta Italian Vegetable Blend Breadstick Pineapple Chunks	Multigrain Cheerios, Milk (2) Orange-Pineapple Juice, String Cheese <u>WW Bread w/Promise & SF Jelly</u> Veggie Egg Salad Couscous w/Parmesan & Pea Salad WW Dinner Roll w/Promise <u>Fresh Apple</u> Chicken Breast w/ Florentine Sauce Wild Rice Broccoli WW Dinner Roll w/Promise Fruit Mix	Bran Muffin, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Mexican Chicken Bowl w/Chicken Strips, Rice, Corn, and Beans Tortilla Strips & Salsa <u>SF Custard</u> Beef Goulash Mashed Potatoes w/Promise Spinach Ambrosia	"Valentine's Day Celebration" Oatmeal, Milk (2) <u>WW Bread w/Peanut Butter & SF Jelly</u> Butternut Squash Pasta w/Chicken Strips California Salad Orange Juice <u>SF Cookies</u> Stuffed Cabbage Mashed Potatoes Chef Vegetable Blend WW Dinner Roll w/Promise Cake, Diet: Fresh Fruit
17	**18**	19	20	21
	"President's Day Celebration" Mini Muffin, Milk (2) Orange-Pineapple Juice <u>Low Fat Yogurt</u> Provençal Tuna Salad Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Promise <u>SF Cookies</u> Roast Beef w/ Mushroom Gravy Baked Potato w/ Sour Cream Chef's Cut Vegetables WW Dinner Roll w/Promise Apple Pie, Diet: Fresh Fruit	Cottage Cheese, Milk (2) Pineapple Chunks <u>String Cheese</u> Beef, Barley & Mango Salad Tomato & Red Onion Salad WW Dinner Roll w/Promise <u>Mandarin Oranges</u> Baked Fish w/Pesto Sauce Rice Pilaf Sliced Carrots WW Dinner Roll w/Promise SF Custard	Oatmeal, Milk (2) Orange Juice, Low Fat Yogurt <u>WW Bread w/Promise</u> Chinese Chicken Salad (Chicken, shredded carrots & cabbage, mandarin oranges & sesame dressing) WW Dinner Roll <u>Tropical Fruit Mix</u> Cubed Beef w/Stroganoff Sauce on Pasta Noodles Spinach SF Fruit Crisp	Hardboiled Eggs (2), Milk (2) Orange Juice <u>WW Bread w/Promise & SF Jelly</u> Ham Sandwich w/Hamburger Bun Carrot Raisin Salad Mayonnaise <u>Ambrosia</u> Baked Potato w/Vegetarian Chili Shredded Cheese & Sour Cream California Vegetable Blend Apple




Suggested Donation is \$5.25 per day.


www.MealsOnWheelsoc.org

TURN OVER 



2020 February Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
Oatmeal, Milk (2) Orange-Pineapple Juice <u>WW Bread w/Promise</u> Chicken Fiesta Salad Cucumber Salad WW Dinner Roll w/Promise <u>Fig Bar (Diet: Fresh Fruit)</u> Baked Meatloaf w/Brown Gravy Egg Noodles Mixed Vegetables WW Dinner Roll w/Promise SF Fruit Crisp	Mini Bagel w/Cream Cheese, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Crab, Corn & Tomato Salad Quinoa Salad WW Dinner Roll w/Promise <u>Canned Apricot</u> Chicken Drumstick (1) Baked Sweet Potato California Vegetable Blend WW Dinner Roll w/Promise Mandarin Oranges	Hardboiled Eggs (2), Milk (2) Orange-Pineapple Juice, String Cheese <u>WW Bread w/Promise & SF Jelly</u> Thai Chicken Salad w/Dressing Confetti Rice Salad WW Bread w/Promise <u>SF Pudding</u> Mexican Beef Enchilada Casserole Spanish Rice Spinach Fruit Cocktail	Cottage Cheese, Milk (2) Pineapple Chunks <u>WW Bread w/Promise & SF Jelly</u> Beef Taco Bowl (Ground beef, pinto beans, corn, shredded cheese, tortilla strips & cilantro lime dressing) <u>Orange Juice, SF Custard</u> Vegetarian Lasagna Succotash, Carrots Breadstick Fresh Apple	Bran Flakes, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Turkey Wrap (Sliced Turkey, red peppers, spring mix & ranch dressing) Coleslaw Salad Flour Tortilla <u>Ambrosia</u> Cubed Pork w/ Sweet & Sour Sauce Brown Rice Broccoli SF Cookies
				

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) 2015 & 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 suggested donation is \$5.25 per day. Weekly average meals provide >1600 calories. Sodium is analyzed on a daily basis to not exceed 2300mg. Any meals that exceed 2300mg of sodium is indicated with a salt shaker icon . Special meals are indicated with an *, sodium may exceed 2300 mg sodium. Please note condiments are not analyzed and may increase sodium.