



Alignment Healthcare



2020 March Home Delivered Meals Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	**6**
Mini Bran Muffin, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Beef Tamale (1) Corn, Lima Beans & Tomato Salad <u>Canned Apricots</u> Pork in Verde Sauce Spanish Rice Oregon Bean Medley Flour Tortilla SF Custard	Hardboiled Eggs (2), Milk (2) Orange-Pineapple Juice, String Cheese <u>WW Bread w/Promise & SF Jelly</u> Cobb Salad (Diced Chicken, eggs, tomatoes, red pepper, shredded cheese, spring mix & ranch dressing) WW Dinner Roll <u>Mandarin Oranges</u> Spaghetti w/Beef Marinara Meat Sauce Spinach Mixed Vegetables WW Bread w/Promise Fresh Apple	Multigrain Cheerios, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Beef Hamburger on WW Bun Coleslaw Salad Cherry Tomatoes (5) Mayonnaise/Mustard <u>SF Fruit Crisp</u> Spinach and Broccoli Quiche Baby Baker Potatoes Winter Vegetable Blend Canned Peaches	Mini Bagel w/Cream Cheese & SF Jelly <u>Milk (2), Orange Juice</u> Chicken Salad Cucumber and Black-eyed Pea Salad WW Dinner Roll <u>SF Cookies</u> Cubed Beef w/Stroganoff Sauce Egg Noodles Sliced Carrots WW Dinner Roll w/Promise Pineapple Chunks	"National Nutrition Celebration" Oatmeal, Milk (2) <u>Yogurt Parfait w/Fruit Cocktail</u> Open-faced Pastrami & Cheese Sandwich on WW Bread Carrot Raisin Salad Mayonnaise/Mustard Orange Juice <u>Tropical Fruit Mix</u> Baked Salmon w/Herb Sauce Rice Pilaf Chef Cut Vegetables WW Dinner Roll Angel Food Cake
9	10	11	12	**13**
Hardboiled Eggs (2), Milk (2) Orange Juice, String Cheese <u>WW Bread w/Promise & SF Jelly</u> Beef, Barley & Mango Salad Bow Tie Pasta Salad WW Dinner Roll w/Promise <u>SF Pudding</u> Roast Turkey w/Gravy & Cranberry Sauce Mashed Potatoes Green Beans w/Mushrooms WW Dinner Roll w/Promise Applesauce	Oatmeal, Milk (2) Orange-Pineapple Juice, Low Fat Yogurt <u>WW Bread w/Promise & SF Jelly</u> Veggie Egg Salad Coleslaw Salad WW Bread Mayonnaise <u>Fresh Apple</u> Braised Tilapia w/Savory Tomato Sauce Wild Rice Pilaf Peas & Carrots WW Dinner Roll w/Promise Fruit Cocktail	Bran Flakes, Milk (2) <u>Orange Juice, String Cheese</u> Greek Salad on Spring Mix w/Garbanzo Beans, Chicken Strips & Vinaigrette Dressing Carrot Raisin Salad WW Crackers <u>SF Custard</u> Macaroni & Cheese Stewed Tomatoes Broccoli Florets Mandarin Oranges	WW Bread w/Peanut Butter (2) & SF Jelly Milk (2), Orange-Pineapple Juice <u>Low Fat Yogurt</u> Beef Taco Bowl (Ground beef, pinto beans, corn, shredded cheese, tortilla strips & cilantro lime dressing) <u>SF Cookies</u> Chicken w/Vietnamese Caramel Sauce Brown Rice Asian Vegetable Blend Fruited Gelatin	"Sunday Brunch" Yogurt Parfait w/Diced Peaches Milk (2) <u>WW Bread w/Promise & SF Jelly</u> Crab Pasta Salad California Salad WW Dinner Roll w/Promise <u>Tropical Fruit Mix</u> Cheese Omelette (1) Chicken Sausage Red Skin Potatoes Broccoli SF Cookie
16	**17**	18	19	20
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	"St. Patrick's Day Celebration" 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> Corned Beef & Cabbage Whole Baby Potatoes Carrot Coins WW Dinner Roll SF Pistachio Pudding	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


Suggested Donation is \$5.25 per day.

TURN OVER



2020 March Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
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	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> Zucchini Corn Egg Casserole Baked Sweet Potatoes Peas & Carrots WW Dinner Roll w/ Promise SF Pudding
30	31			
Multigrain Cheerios, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Chicken Salad Harvest Salad w/Cranberries & Almonds WW Bread w/Promise <u>Canned Peaches</u> Salisbury Steak w/Brown Gravy Mashed Potatoes Green Beans w/Mushrooms WW Dinner Roll w/Promise Fruited Gelatin	Mini Muffin, Milk (2) Orange-Pineapple Juice <u>Low Fat Yogurt</u> Provencal Tuna Salad Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Promise <u>SF Cookies</u> Chipotle BBQ Chicken Spanish Rice Oregon Bean Medley Fresh Orange			

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.