





2020 May Home Delivered Meals Menu

Alignment Healthcare


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				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
4	**5**	6	7	**8**
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	"Cinco de Mayo" Cottage Cheese, Milk (2) Fruit Cocktail <u>Mini Muffin</u> Beef Hamburger on WW Bun w/ Mayo & Mustard Coleslaw Salad <u>Mandarin Oranges</u> Cheese Enchiladas Spanish Rice Mexican Corn SF Custard	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	"Mother'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> Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Roll w/Promise Cheesecake (Diet: Fresh Fruit)
11	12	13	14	15
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	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 Broccoli Apple


Voluntary Contribution \$5.25 per day.

TURN OVER 



2020 May Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	**22**
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	"Memorial Day Celebration" 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> BBQ McRib Mashed Potatoes Carrot Coins WW Dinner Roll w/Promise Apple Pie (Diet: Fresh Fruit)
25	26	27	28	29
 Memorial DAY	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	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> Vietnamese Coconut Chicken Curry Brown Rice Broccoli Fig Bar Diet: Fresh Fruit

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 voluntary contribution 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.