




2020 AUGUST Home Delivered Meals Menu

Alignment Healthcare

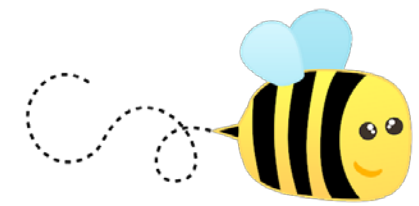
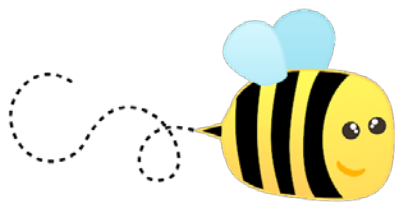
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Multigrain Cheerios, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Chicken Salad Harvest Salad w/Cranberries & Almonds WW Bread w/Promise <u>Canned Peaches</u> Salisbury Steak w/Brown Gravy Mashed Potatoes Green Beans w/Mushrooms WW Dinner Roll w/Promise Fruited Gelatin</p>	<p>4</p> <p>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</p>	<p>5</p> <p>Cottage Cheese, Milk (2) Pineapple Chunks <u>String Cheese</u> Couscous Chicken Salad (Shredded Chicken, couscous, parmesan cheese, peas & carrots) 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</p>	<p>6</p> <p>Oatmeal, Milk (2) Orange Juice, Low Fat Yogurt <u>WW Bread w/Promise</u> Chinese Chicken Salad (Chicken, shredded carrots & cabbage, mandarin oranges, sliced almonds & sesame dressing) WW Dinner Roll <u>Tropical Fruit Mix</u> Pork Tenderloin w/ Brown Gravy Mashed Potatoes Spinach SF Fruit Crisp</p>	<p>**7**</p> <p>"Hawaiian Luau Celebration" </p> <p>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> Chicken Strips w/Teriyaki Sauce on Steamd Rice Oriental Vegetable Blend Hawaiian Roll w/Promise Carrot Cake DIET: Fresh Fruit</p>
<p>10</p> <p>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</p>	<p>11</p> <p>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</p>	<p>12</p> <p>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 Chicken Enchilada Casserole Spanish Rice Spinach Fruit Cocktail</p>	<p>13</p> <p>Cottage Cheese, Milk (2) Pineapple Chunks <u>WW Bread w/Promise & SF Jelly</u> Chicken Taco Bowl (Shredded Chicken, pinto beans, corn, shredded cheese, tortilla strips & cilantro lime dressing) <u>Orange Juice, SF Custard</u> Vegetarian Lasagna Succotash, Carrots Breadstick Fresh Apple</p>	<p>14</p> <p>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> Pulled Pork w/Sweet & Sour Sauce Brown Rice Broccoli SF Cookies</p>
<p>17</p> <p>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</p>	<p>18</p> <p>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> Chicken Breast w/ Marinara Sauce Spaghetti Mixed Vegetables WW Bread w/Promise Fresh Apple</p>	<p>19</p> <p>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</p>	<p>20</p> <p>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> Chicken Strips w/Stroganoff Sauce Egg Noodles Sliced Carrots WW Dinner Roll w/Promise Pineapple Chunks</p>	<p>21</p> <p>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</p>

Voluntary Contribution \$5.25 per day.




TURN OVER





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Hardboiled Eggs (2), Milk (2) Orange Juice, String Cheese <u>WW Bread w/Promise & SF Jelly</u> Chicken, 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	25 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	26 Bran Flakes, Milk (2) Orange Juice, String Cheese 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	27 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	28 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> Turkey Pot Roast w/ Brown Gravy Sweet Potatoes Mixed Vegetables WW Dinner Roll w/Promise Pineapple Chunks
31 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				

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.

