
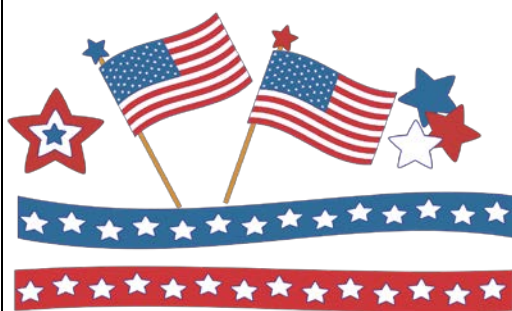





2020 JULY Home Delivered Meals Menu

Alignment Healthcare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</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>**2**</p> <p>"4th of July Celebration" 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> BBQ McRib w/BBQ Sauce on WW Bun Boston Baked Beans Broccoli Fruit Gelatin</p>	<p>3</p> 
<p>6</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>7</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 Spinach Mixed Vegetables WW Bread w/Promise Fresh Apple</p>	<p>8</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>9</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>10</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>
<p>13</p> <p>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</p>	<p>14</p> <p>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</p>	<p>15</p> <p>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</p>	<p>16</p> <p>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</p>	<p>17</p> <p>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</p>

Voluntary Contribution \$5.25 per day.


TURN OVER





2020 JULY Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	21 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	22 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	23 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	24 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
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	28 Cottage Cheese, Milk (2) Fruit Cocktail <u>Mini Muffin</u> Beef Hamburger on WW Bun w/ Mayo & Mustard Coleslaw Salad <u>Mandarin Oranges</u> Vegetarian Chili w/ Shredded Cheese Bow Tie Pasta Italian Vegetable Blend Breadstick Pineapple Chunks	29 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	30 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> Meatballs w/ Goulash Sauce Mashed Potatoes w/Promise Spinach Ambrosia	31 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

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.