








2020 OCTOBER Home Delivered Meals Menu

Alignment Healthcare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 		 	<p>1</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>2</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 <u>Apple</u> Vietnamese Coconut Pork Curry Brown Rice Broccoli Fig Bar Diet: Fresh Fruit</p>
<p>5</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>6</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>7</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>8</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> Pork w/Vietnamese Caramel Sauce Brown Rice Asian Vegetable Blend Fruited Gelatin</p>	<p>9</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>
<p>12</p> <p>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 Jasmine Rice Oriental Vegetable Blend SF Cake</p>	<p>13</p> <p>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) Spinach WW Dinner Roll w/Promise <u>SF Cookies</u> Meatballs w/Swedish Sauce Egg Noodles Green Peas WW Dinner Roll w/Promise Fresh Orange</p>	<p>14</p> <p>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</p>	<p>15</p> <p>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</p>	<p>16</p> <p>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</p>


Voluntary Contribution \$5.25 per day.

TURN OVER 



2020 OCTOBER Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 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	20 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 Spaghetti Pasta Italian Vegetable Blend Breadstick Pineapple Chunks	21 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	22 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	23 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
26 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	27 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	28 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	29 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	**30** "Halloween Celebration" 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> Bewitched Beef Stew Fang-tastic Cauliflower BOO-licious Broccoli Creepy Cornbread Chilling Chocolate Brownie

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.

