



2020 SEPTEMBER Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	**4**
	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	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	"Labor Day Celebration" 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> Pulled Pork w/BBQ Sauce Boston Baked Beans Broccoli Apple Crisp
7	8	9	10	11
	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	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> Meatballs w/ Goulash Sauce 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
14	15	16	17	**18**
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> 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	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	"Western Day 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> Chili Dog on WW Bun Redskin Potatoes Mixed Vegetables Pineapple Chunks



Voluntary Contribution \$5.25 per day.






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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</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>**22**</p> <p>"First Day of Autumn Celebration" 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> Beef Stew w/Stew Vegetables Yellow Squash & Cauliflower Cornbread Muffin w/Promise Pumpkin Pie</p>	<p>23</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>24</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>25</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>28</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>29</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>30</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>		

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.

