



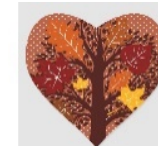
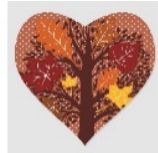
## 2020 NOVEMBER Home Delivered Meals Menu






Alignment Healthcare

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <p>2</p> <p>Hardboiled Eggs (2), String Cheese Milk (2), Orange Juice,<br/><u>WW Bread w/Promise &amp; SF Jelly</u><br/>Beef, Barley &amp; Mango Salad<br/>Tri-Color Pasta Salad<br/>WW Dinner Roll w/Promise<br/><u>SF Fruited Gelatin</u><br/>Chicken Chow Mein<br/>Brown Rice<br/>Oriental Vegetable Blend<br/>Canned Apricots</p>                        | <p>3</p> <p>Cottage Cheese, Milk (2)<br/>Fruit Cocktail<br/><u>Blueberry Muffin w/Promise</u><br/>Mexican Chopped Salad<br/>WW Dinner Roll w/ Promise<br/><u>Mandarin Oranges</u><br/>Turkey Pot Roast w/ Brown Gravy<br/>Mashed Potatoes<br/>Mixed Vegetables<br/>Sliced Carrots<br/>Applesauce</p>  | <p>4</p> <p>Multigrain Cheerios, Milk (2)<br/>Orange-Pineapple Juice,<br/>Low Fat Yogurt<br/><u>WW Bread w/ Peanut Butter &amp; SF Jelly</u><br/>Veggie Egg Salad<br/>Corn, Lima Bean &amp; Tomato Salad<br/>WW Dinner Roll w/Promise<br/><u>SF Pudding</u><br/>Pork Tenderloin w/ Raisin Sauce<br/>Mashed Sweet Potatoes<br/>Broccoli<br/>WW Dinner Roll w/Promise<br/>Tropical Fruit Mix</p> | <p>5</p> <p>Mini Bagel w/Cream Cheese &amp; Low Fat Yogurt<br/><u>Milk (2), Orange Juice</u><br/>Open-faced Ham &amp; Cheese Sandwich on WW Bread<br/>Mayonnaise<br/>Winter Vegetable Blend Salad<br/><u>Pineapple Chunks</u><br/>Baked Fish w/ Newburg Sauce<br/>Rice Pilaf<br/>Mixed Vegetables<br/>WW Dinner Roll w/ Promise<br/>Fruit Crisp</p>                       | <p>6</p> <p>Oatmeal, Milk (2)<br/>Orange-Pineapple Juice<br/><u>WW Bread w/Peanut Butter &amp; SF Jelly</u><br/>Mediterranean Turkey Wrap (Sliced Turkey, Feta Cheese, Spinach &amp; Hummas Spread)<br/>Broccoli Pepper Salad<br/>Flour Tortilla<br/><u>Fresh Apple</u><br/>Zucchini Corn Casserole<br/>Pinto Beans<br/>Spinach<br/>WW Dinner Roll w/Promise<br/>Ambrosia Salad</p>            |
| <p>9</p> <p>Multigrain Cheerios, Milk (2), Orange Juice,<br/><u>Low Fat Yogurt</u><br/>Tuscan Tuna and White Bean Salad<br/>Tomato Zucchini Salad<br/>WW Dinner Roll w/ Promise<br/><u>SF Cookie</u><br/>Chicken Cacciatore<br/>Fettucini Pasta<br/>Green Beans<br/>WW Dinner Roll w/ Promise<br/>Tropical Fruit Mix</p>                                     | <p>***10***</p> <p><b>"Veterans Day Celebration"</b><br/>All Bran Cereal<br/>Milk(2), Orange Pineapple Juice,<br/><u>String Cheese</u><br/>Curry Chicken Salad<br/>Confetti Rice Salad<br/>WW Bread(1) w/ Promise<br/><u>Mandarin Oranges</u><br/>BBQ Pork Patty Ribs<br/>Mashed Potatoes w/ Gravy<br/>Broccoli<br/>WW Dinner Roll w/ Promise<br/>Apple Pie</p> |    | <p>12</p> <p>Oatmeal, String Cheese, Milk (2), Orange Juice,<br/><u>WW Bread w/ Promise &amp; SF Jelly</u><br/>Beef Hamburger on WW Bun w/ Mayo &amp; Mustard<br/>Coleslaw Salad<br/><u>Fruit Cocktail</u><br/>Vietnamese Pork Pineapple Curry<br/>Brown Rice<br/>Oriental Vegetable Blend<br/>WW Dinner Roll w/ Promise<br/>Diet Apple Crisp</p>                         | <p>13</p> <p>Hardboiled Eggs (2), Milk (2), Orange Juice,<br/><u>Mini Muffin w/Promise &amp; Low Fat Yogurt</u><br/>Balsamic Chicken Pasta Salad<br/>WW Dinner Roll w/ Promise<br/><u>Fresh Apple</u><br/>Beef Goulash<br/>Egg Noodles<br/>Peas &amp; Carrots<br/>Canned Apricots</p>  |
| <p>16</p> <p>Oatmeal, Milk (2)<br/>Orange-Pineapple Juice<br/><u>WW Bread w/Promise &amp; SF Jelly</u><br/>Cranberry-Basil Tuna Salad<br/>Carrot Raisin Salad<br/>WW Dinner Roll w/ Promise<br/><u>Canned Peaches</u><br/>Sweet and Sour Chicken<br/>Pineapple Fried Rice<br/>Oriental Vegetable Blend<br/>WW Dinner Roll w/ Promise<br/>Canned Apricots</p> | <p>17</p> <p>Mini Bagel w/Cream Cheese &amp; Low Fat Yogurt<br/><u>Milk (2), Orange Juice</u><br/>Beef Taco Bowl (Ground Beef, Pinto Beans, Corn, Shredded Cheese, Tortilla Strips w/ Cilantro Lime Dressing)<br/><u>SF Custard</u><br/>Mrs. Friday's Fish Pesto<br/>Quinoa Pilaf<br/>Sliced Carrots<br/>WW Dinner Roll w/ Promise<br/>Tropical Fruit Mix</p>   | <p>18</p> <p>Hardboiled Eggs (2), Milk (2)<br/><u>Orange Juice, All Bran Cereal</u><br/>Chicken w/ Green Beans and Tomato Salad<br/>Cucumber and Black- Eyed Pea Salad<br/>WW Dinner Roll w/ Promise<br/><u>Fresh Apple</u><br/>Beef Burgandy<br/>Egg Noodles Pasta<br/>Capri Vegetable Blend<br/>WW Dinner Roll w/ Promise<br/>SF Cookie</p>  | <p>19</p> <p>Cottage Cheese, Milk (2)<br/>Pineapple Chunks<br/><u>Mini Bran Muffin</u><br/>Greek Salad on Spring Mix w/Garbanzo Beans, Chicken Strips &amp; Vinaigrette Dressing<br/>Cherry Tomatoes<br/>WW Dinner Roll w/ Promise<br/><u>Applesauce</u><br/>Chicken Drumsticks (2)<br/>Baked Sweet Potato<br/>Broccoli<br/>WW Dinner Roll w/ Promise<br/>Fruit Crisp</p> | <p>20</p> <p>1 slice of Swiss Cheese, Milks (2), Orange Juice,<br/><u>WW Bread w/ Promise</u><br/>Turkey Wrap (Sliced Turkey, Red Pepper, Spring Mix &amp; Ranch Dressing)<br/>Three Sister's Salad<br/>Flour Tortilla 10"<br/><u>Ambrosia Salad</u><br/>Cheese Omelet w/ Apple Sausage<br/>Roasted Red Potatoes<br/>Italian Blend Vegetables<br/>WW Bread w/ Promise<br/>Mandarin Oranges</p> |


Voluntary Contribution \$5.25 per day.

TURN OVER 



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <p>23</p> <p>Hardboiled Eggs (2), String Cheese Milk (2), Orange Juice,<br/><u>WW Bread w/Promise &amp; SF Jelly</u><br/>Southwest Chicken Salad<br/>Cucumber Salad<br/>WW Dinner Roll w/ Promise<br/><u>Diet Fruited Gelatin</u><br/>Meatball Marinara<br/>Fettuccini Pasta<br/>Sliced Carrots<br/>WW Dinner Roll w/ Promise<br/>SF Cake</p>                               | <p>24</p> <p>Cottage Cheese, Milk (2)<br/>Pineapple Chunks<br/><u>WW Bread w/ Promise &amp; SF Jelly</u><br/>Beef Hamburger on WW Bun<br/>w/ Mayo &amp; Mustard<br/>Coleslaw Salad<br/>Cherry Tomatos<br/><u>SF Apple Crisp</u><br/>Pork Tenderloin w/ Apricot Sauce<br/>Rice Pilaf<br/>Broccoli<br/>WW Dinner Roll w/ Promise<br/>Fresh Orange</p> | <p><b>**25**</b></p> <p><b>**Thanksgiving Celebration**</b><br/>Multigrain Cheerios<br/>Milk(2), Orange Juice,<br/>String Cheese<br/><u>WW Bread w/ Promise &amp; SF Jelly</u><br/>Butternut Squash Pasta w/ Feta Cheese<br/>Broccoli &amp; Pepper Salad<br/>WW Dinner Roll w/ Promise<br/><u>Fresh Apple</u><br/>Roast Turkey w/ Gravy<br/>Mashed Potatoes<br/>Cornbread Stuffing<br/>Chef's Cut Vegetables<br/>Parker Roll w/ Promise<br/>Cranberry Sauce, Pumpkin Pie</p> | <p>26</p> <p>happy<br/>Thanksgiving</p>  | <p>27</p>  |
| <p>30</p> <p>Oatmeal, Milk (2), String Cheese,<br/>Orange-Pineapple Juice<br/><u>WW Bread w/Peanut Butter (1) &amp; SF Jelly</u><br/>Meatloaf Sandwich<br/>Tomato and Red Onion Salad,<br/>WW Bread (2) w/ Promise<br/><u>Seasonal Fresh Fruit</u><br/>Mrs. Fridays Fish w/ Tartar Sauce<br/>Quinoa Pilaf<br/>Broccoli<br/>WW Dinner Roll w/ Promise<br/>Ambrosia Salad</p> |   |    |   |   |

### 2020 NOVEMBER Home Delivered Meals Menu

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.

