



2021 JANUARY- Home Delivered Meals Menu

Alignment Healthcare


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				
4	5	6	7	8 
Hardboiled Eggs (2), String Cheese Milk (2), Orange Juice, <u>WW Bread w/Promise & SF Jelly</u> Southwest Chicken Salad Cucumber Salad WW Dinner Roll w/ Promise <u>Diet Fruited Gelatin</u> Meatball Marinara Fettuccini Pasta Sliced Carrots WW Dinner Roll w/ Promise SF Cake	Cottage Cheese, Milk (2) Pineapple Chunks <u>WW Bread w/Promise & SF Jelly</u> Beef Hamburger on WW Bun w/ Mayo & Mustard Tomato & Red Onion Salad Cherry Tomatoes <u>SF Apple Crisp</u> Vietnamese Pork w/ Lemongrass Sauce Rice Pilaf Broccoli WW Dinner Roll w/ Promise Fresh Orange	Multigrain Cheerios Milk(2), Orange Juice, String Cheese <u>WW Bread w/ Promise & SF Jelly</u> Butternut Squash Pasta w/ Feta Cheese Broccoli & Pepper Salad <u>Fresh Apple</u> Salisbury Steak w/ Mushroom Sauce Mashed Potatoes Winter Blend Vegetables WW Dinner Roll w/ Promise Ambrosia	Mini Bran Muffin, Milk(2) <u>Orange-Pineapple Juice, Lowfat Yogurt</u> Open-faced Turkey Pastrami & Cheese Sandwich on WW Bread Mustard, Mayonaise Corn, Lima Beans & Tomato Salad <u>Fruit Cocktail</u> Chicken Strips w/ A la King Sauce Brown Rice Mixed Vegetables WW Dinner Roll w/ Promise Mandarin Oranges	Oatmeal, Milk (2) Orange Juice <u>WW Bread w/Peanut Butter & SF Jelly</u> Mediterranean w/ Chicken & Feta Quinoa Salad Carrifruit Salad WW Dinner Roll w/ Promise <u>SF Cookies</u> Beef Stew Baby Baker Potatoes Stew Vegetables WW Dinner Roll w/ Promise Tropical Fruit Mix
11	12	13	14	**15**
Oatmeal, Milk (2), String Cheese, Orange-Pineapple Juice <u>WW Bread w/Peanut Butter (1), & SF Jelly</u> Meatloaf Sandwich Tomato and Red Onion Salad, WW Bread (2) w/ Promise <u>Seasonal Fresh Fruit</u> Baked Fish w/ Pesto Sauce Wild Rice Pilaf Oregon Vegetable Iend WW Dinner Roll w/ Promise Ambrosia Salad	Hardboiled Eggs (2) Milk (2), Orange Juice, <u>WW Bread w/Promise & SF Jelly</u> Chicken w/ Green Beans and Tomato Couscous Parmesan and Peas Salad <u>Mandarin Oranges</u> Pork Tenderloin w/ Polynesian Sauce Brown Rice Sliced Carrots WW Dinner Roll w/ Promise Applesauce	Cottage Cheese, Milk (2) Orange Juice, Low Fat Yogurt <u>WW Bread w/ Promise & SF Jelly</u> Thai Beef Salad (Cubed Beef, 3-Way Cabbage Mix, Spring Mix & Thai Dressing) Confetti Rice Salad WW Crackers (2) <u>Sliced Pears</u> Swiss Cheese, Mushrooms & Spinach Quiche Sweet Potatoes Mixed Vegetables WW Dinner Roll w/Promise SF Fruited Gelatin	All Bran Cereal, Milk (2) Orange-Pineapple Juice, Low Fat Yogurt <u>WW Bread w/ Promise & SF Jelly</u> Veggie Egg Salad Garbanzo and Zucchini Salad WW Dinner Roll w/ Promise <u>Tropical Fruit Mix</u> Roast Turkey w/ Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll w/ Promise SF Apple Crisp	"MLK Day Celebration" Mini Bagel w/ Cream Cheese, Milk (2) <u>Orange Juice, Low Fat Yogurt</u> Mexican Chicken Bowl (Chicken Strips, Rice, Corn, Beans & Tortilla Strips) <u>SF Custard</u> BBQ McRib Baked Beans Collard Greens Apple Pie


Voluntary Contribution \$5.25 per day.

TURN OVER 



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18 	19 Mini Bran Muffin, Milk (2), <u>Orange Juice, Low Fat Yogurt</u> Signature Chicken Salad Couscous, Parmesan and Peas Salad WW Dinner Roll w/ Promise <u>Canned Apricots</u> Pulled Pork w/ Verde Sauce Spanish Rice Pinto Beans Tortilla 4.5" Tropical Fruit Mix	20 Oatmeal, Raisins, Milk (2) Orange Juice, String Cheese, <u>WW Bread w/ Promise & SF Jelly</u> Crab Salad Black Bean and Mango Salad WW Dinner Roll w/ Promise <u>Fresh Apple</u> Baked Meatloaf w/ Brown Gravy Mashed Sweet Potatoes Broccoli WW Dinner Roll w/ Promise SF Fruited Gelatin	21 Hardboiled Eggs (2), Milk (2), Orange-Pineapple Juice, Low Fat Yogurt, <u>WW Bread w/ Promise & SF Jelly</u> Provençal Tuna Salad Cucumber Salad WW Dinner Roll w/ Promise <u>SF Apple Crisp</u> Stuffed Bell Pepper Pinto Beans Sliced Carrots WW Dinner Roll w/ Promise Mandarin Oranges	22 Multigrain Cheerios, Milk (2) <u>Orange Juice, Low Fat Yogurt</u> Turkey & Swiss Cheese Sandwich WW Bread Coleslaw Salad Mayonnaise <u>Ambrosia</u> Chicken w/ Brunswick Sauce Baby Baker Potatoes Spinach WW Dinner Roll w/ Promise SF Custard
25 Hardboiled Eggs (2), String Cheese Milk (2), Orange Juice, <u>WW Bread w/Promise & SF Jelly</u> Beef, Barley & Mango Salad Tri-Color Pasta Salad WW Dinner Roll w/Promise <u>SF Fruited Gelatin</u> Chicken Chow Mein Brown Rice Oriental Vegetable Blend Canned Apricots	26 Cottage Cheese, Milk (2) Fruit Cocktail <u>Blueberry Muffin w/ Promise</u> Mexican Chopped Salad WW Dinner Roll w/ Promise <u>Mandarin Oranges</u> Turkey Pot Roast w/ Brown Gravy Mashed Potatoes Mixed Vegetables Sliced Carrots Applesauce	27 Multigrain Cheerios, Milk (2) Orange-Pineapple Juice, Low Fat Yogurt <u>WW Bread w/ Peanut Butter & SF Jelly</u> Veggie Egg Salad Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Promise <u>SF Pudding</u> Pork Tenderloin w/ Raisin Sauce Mashed Sweet Potatoes Broccoli WW Dinner Roll w/Promise Tropical Fruit Mix	28 Mini Bagel w/Cream Cheese & Low Fat Yogurt <u>Milk (2), Orange Juice</u> Open-faced Ham & Cheese Sandwich on WW Bread Mayonnaise Winter Vegetable Blend Salad <u>Pineapple Chunks</u> Baked Fish w/ Chipotle Mango Sauce Cilantro Lime Rice Mixed Vegetables WW Dinner Roll w/ Promise SF Fruit Crisp	29 Oatmeal, Milk (2) Orange-Pineapple Juice <u>WW Bread w/Peanut Butter & SF Jelly</u> Mediterranean Turkey Wrap (Sliced Turkey, Feta Cheese, Spinach & Hummas Spread) Broccoli Pepper Salad Flour Tortilla 10" <u>Fresh Apple</u> Zucchini Corn Casserole Pinto Beans Spinach WW Dinner Roll w/Promise Ambrosia Salad

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.

