




2021 FEBRUARY- Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Multigrain Cheerios, Milk (2), Orange Juice, <u>Low Fat Yogurt</u> Tuscan Tuna and White Bean Salad Tomato Zucchini Salad WW Dinner Roll w/ Promise <u>SF Cookie</u> Chicken Cacciatore Fettucini Pasta Green Beans WW Dinner Roll w/ Promise Tropical Fruit Mix</p>	<p>2</p> <p>All Bran Cereal Milk(2),Orange Pineapple Juice, <u>String Cheese</u> Curry Chicken Salad Confetti Rice Salad WW Bread (1) w/ Promise <u>Mandarin Oranges</u> Beef Enchiladas Spanish Rice Broccoli SF Cake</p>	<p>3</p> <p>Cottage Cheese, Milk (2) Pineapple Chunks, <u>WW Bread w/ Promise & SF Jelly</u> Crab, Corn & Tomato Salad Spinach Quinoa Salad <u>SF Fruited Gelatin</u> Cheese Ravioli w/ Marinara Sauce Succotash Sliced Carrots Breadstick (1) Ambrosia</p>	<p>4</p> <p>Oatmeal,String Cheese, Milk (2), Orange Juice, <u>WW Bread w/ Promise & SF Jelly</u> Beef Hamburger on WW Bun w/ Mayo & Mustard California Salad <u>Fruit Cocktail</u> Vietnamese Pork Pineapple Curry Egg Noodles Pasta Oriental Vegetable Blend WW Dinner Roll w/ Promise Diet Apple Crisp</p>	<p>5</p> <p>Hardboiled Eggs (2), Milk (2),Orange Juice, <u>Mini Muffin w/Promise & Low Fat Yogurt</u> Balsamic Chicken Pasta Salad WW Dinner Roll w/ Promise <u>Fresh Apple</u> Beef Goulash Sweet Potatoes Winter Vegetable Blend Canned Pears</p>
<p>8</p> <p>Oatmeal, Milk (2) Orange-Pineapple Juice <u>WW Bread w/Promise & SF Jelly</u> Cranberry-Basil Tuna Salad Carrot Raisin Salad WW Dinner Roll w/ Promise <u>Canned Peaches</u> Sweet and Sour Chicken Pineapple Fried Rice Oriental Vegetable Blend WW Dinner Roll w/ Promise Canned Apricots</p>	<p>9</p> <p>Mini Bagel w/Cream Cheese & Low Fat Yogurt <u>Milk (2), Orange Juice</u> Beef Taco Bowl (Ground Beef, Pinto Beans, Corn, Shredded Cheese, Tortilla Strips w/ Cilantro Lime Dressing) <u>SF Custard</u> Mrs, Fridays's Fish w/ Tartar Sauce Quinoa Pilaf Sliced Carrots WW Dinner Roll w/ Promise Tropical Fruit Mix</p>	<p>10</p> <p>Hardboiled Eggs (2), Milk (2) <u>Orange Juice, All Bran Cereal</u> Chicken w/ Green Beans and Tomato Salad Cucumber and Black- Eyed Pea Salad WW Dinner Roll w/ Promise <u>Fresh Apple</u> Beef Burgandy Egg Noodles Pasta Capri Vegetable Blend WW Dinner Roll w/ Promise SF Cookie</p>	<p>11</p> <p>Cottage Cheese, Milk (2) Pineapple Chunks <u>Mini Bran Muffin</u> Greek Salad on Spring Mix w/Garbanzo Beans, Shredded Chicken, Spring Mix & Vinaigrette Dressing Cherry Tomatoes WW Dinner Roll w/ Promise <u>Applesauce</u> Chicken Drumsticks (2) Baked Sweet Potato Broccoli WW Dinner Roll w/ Promise Fruit Crisp</p>	<p>**12**</p> <p>"Valentine's Day Celebration" 1 slice of Swiss Cheese, Milks (2), Orange Juice, <u>WW Bread w/ Promise</u> Turkey Wrap (Sliced Turkey, Red Pepper, Spring Mix & Ranch Dressing) Three Sister's Salad Flour Tortilla 10" <u>Ambrosia Salad</u> Stuffed Cabbage Mashed Potatoes Chef's Cut Vegetable Blend WW Dinner Roll w/Promise IW Cheese Cake</p>
<p>**15**</p>	<p>**16**</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>Presidents' Day</p> 	<p>"President's Day Celebration" 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 Tomatos <u>SF Apple Crisp</u> Roast Beef w/ Mushroom Gravy Baked Potato w/ Sour Cream Chef's Cut Vegetable Blend WW Dinner Roll w/Promise IW Cake</p>	<p>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 Sweet Potatoes Winter Blend Vegetables WW Dinner Roll w/ Promise Ambrosia</p>	<p>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</p>	<p>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</p>

Voluntary Contribution \$5.25 per day.

TURN OVER 



2021 FEBRUARY - Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
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 Blend 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, <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 & Cranberry Sauce SF Apple Crisp	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> Vegetarian Lasagna Succotash Italian Vegetable Blend WW Dinner Roll w/ Promise Pineapple Chunks

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.

