



## 2021 MARCH- Home Delivered Meals Menu



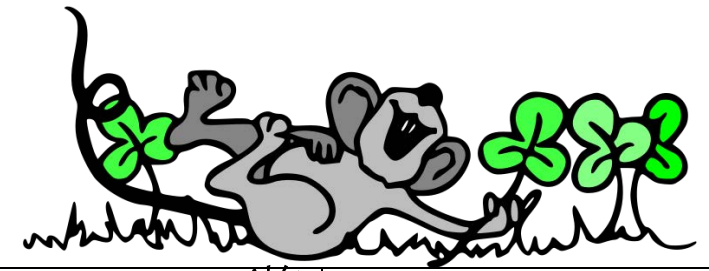
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	<b>**5**</b>
Cottage Cheese, Milk, Orange Pineapple Juice, WW bread PB & SF Jelly  Heart Healthy Garbanzo Salad Spinach WW Roll w/ Promise SF Cookie  Meatballs w/ Fricasse Sauce Egg Noodles Mixed Vegetables WW Roll w/ Promise Fresh Orange	Mini Bran Muffin, Milk, Orange Juice, Low Fat Yogurt  Signature Chicken Salad Couscous w/ Parm & Peas WW Roll w/ Promise Canned Apricots  Pork w/ Chile Verde Spanish Rice Pinto Beans Tortilla 4.5" Tropical Fruit Mix Promise	Oatmeal, Milk, WW Bread w/ Promise & SF Jelly, Raisins, Orange Juice, String Cheese  Crab Salad Black Bean & Mango WW Roll w/ Promise Fresh Apple  Meatloaf w/ Brown Gravy Mashed Sweet Potato Broccoli WW Roll w/ Promise Diet Fruited Gelatin	Hard Boiled Egg(2), Milk, Orange-Pineapple Juice, WW bread w/ Promise SF Jelly, Lo-Fat Yogurt,  Provencal Tuna Salad Cucumber Salad WW Roll w/ Promise SF Apple Crisp  Stuffed Bell Pepper Pinto Beans Sliced Carrots WW Roll w/ Promise Mandarin Oranges	<b>"National Nutrition Celebration"</b> Multigrain Cheerios, Milk, Orange Juice, Low fat Yogurt,  Turkey & Swiss Sandwich Coleslaw WW Bread Mayonaise Ambrosia  Baked Salmon w/ Herb Sauce Rice Pilaf Chef's Cut Vegetables WW Roll w/ Promise Angel Food Cake
8	9	10	11	12
Hard Boiled egg(2), Milk, Orange Juice, WW Bread w/ Promise & SF Jelly, String Cheese  Beef Barley & Mango Salad Tri Color Pasta WW Roll w/ Promise Diet Fruited Gelatin  Chicken Strips w/ Chow Mein Sauce Brown Rice Oriental Vegetable Blend Canned Apricots	Cottage Cheese, Milk, Fruit Cocktail, Blueberry Muffin w/ Promise  Mexican Chopped Salad WW Roll w/ Promise Mandarin Oranges  Turkey Pot Roast w/ Brown Gravy Mashed Potatoes Sliced Carrots Applesauce	Multigrain Cheerios, Milk, Orange Pineapple Juice, WW bread w/ PB & SF Jelly, Low fat Yogurt  Veggie Egg Salad Corn, Lima & Tomato Salad WW Roll w/ Promise SF Pudding  Pork Tenderloin w/ Apple Raisin Sauce Mashed Sweet potatoes Broccoli WW Roll w/ Promise Tropical Fruit Mix	Mini Bagel w/ Cream Cheese, Milk, Orange Juice, Low Fat Yogurt  Open-Faced Ham & Swiss Sandwich Winter Blend Vegetable Salad WW Bread Mayonaise Pineapple Chunks  Baked Fish w/ Chipotle Mango Sauce Cilantro Lime Rice Mixed Vegetables WW Roll w/ Promise SF Fruit Crisp	Oatmeal, Milk, Orange Pineapple Juice, WW Bread w/ PB & SF Jelly  Mediteranean Turkey Wrap (Sliced Turkey, Feta, Spinach) Broccoli Pepper Salad Flour Tortilla 10" Fresh Apple Hummus  Zucchini Corn Casserole Pinto Beans Spinach WW Roll w/ Promise Ambrosia
15	16	<b>**17**</b>	18	19
Multigrain Cheerios, Milk, Orange Juice, Low Fat Yogurt  Tuscan Tuna w/ White Beans Salad Tomato Zucchini Salad WW Roll w/ Promise SF Cookie  Chicken Strips w/ Cacciatore Sauce Fettuccini Pasta Green Beans WW Roll w/ Promise Tropical Fruit Mix	All Bran Cereal, Milk, Orange Pineapple Juice, String Cheese  Curry Chicken Salad Confetti Rice Salad WW Bread w/ Promise Mandarin Oranges  Beef Enchilada Casserole Spanish Rice Broccoli WW Roll w/ Promise SF Cake	 Cottage Cheese, Milk, Pineapple Chunks, WW Bread w/ Promise & SF Jelly  Crab & Corn Salad Spring Mix Quinoa Salad Diet Fruited Gelatin  Corned Beef & Cabbage Whole Baby Potatoes Carrot Coins WW Dinner Roll SF Pistachio Pudding	Oatmeal, Milk, Orange Juice, WW Bread w/ Promise & SF Jelly, String Cheese  Beef Hamburger on WW Bun w/ Lettuce & Tomato California Salad Fruit Cocktail  Vietnamese Pork Curry w/ Pinapple Egg Noodles Oriental Vegetable Blend WW Roll w/ Promise Diet Apple Crisp	Hard Boiled Eggs(2), Milk, Orange Juice, Assorted Mini Muffin w/ Promise, Lo Fat Yogurt  Balsamic Chicken Pasta Salad WW Roll w/ Promise Fresh Apple  Beef Goulash Sweet Potatoes Winter Vegetable Blend Canned Pears

Voluntary Contribution \$5.25 per day.


TURN OVER 



2021 MARCH -Home Delivered Meals Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>22</b></p> <p>Oatmeal, Milk, Orange Pineapple Juice, WW Bread w/ Promise &amp; SF Jelly</p> <hr/> <p>Cranberry Basil Tuna Salad Carrot Raisin Salad WW Roll w/ Promise Canned Peaches</p> <hr/> <p>Chicken Breast w/ Sweet &amp; Sour Sauce Pineapple Fried Rice Oriental Vegetable Blend WW Roll w/ Promise Canned Apricots</p>	<p><b>23</b></p> <p>Mini Bagel w/ Cream Cheese, Milk, Orange Juice, Low Fat Yogurt</p> <hr/> <p>Beef Taco(Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Tortilla Strips SF Custard Dressing</p> <hr/> <p>Mrs. Friday's Fish w/ Tartar Sauce Quinoa Pilaf Sliced Carrots WW Roll w/ Promise Tropical Fruit Mix</p>	<p><b>24</b></p> <p>Hard Boiled Eggs(2), Orange Juice, Milk, All Bran Cereal</p> <hr/> <p>Chicken w/ Green Bean &amp; Tomato Salad Cucumber &amp; Black-Eyed Pea Salad WW Roll w/ Promise Fresh Apple</p> <hr/> <p>Beef w/ Burgundy Sauce Egg Noodles Capri Vegetable Blend WW Roll w/ Promise SF Cookie</p>	<p><b>25</b></p> <p>Cottage Cheese, Milk, Pineapple Chunks, Mini Bran Muffin</p> <hr/> <p>Greek Salad w/ Garbanzo Beans, Shredded Chicken &amp; Spring Mix Cherry Tomatoes + WW Roll w/ Promise Applesauce</p> <hr/> <p>Chicken Drumsticks (2) Baked Sweet Potato Broccoli WW Roll w/ Promise SF Apple Crisp</p>	<p><b>26</b></p> <p>1 Slice Swiss Cheese, Milk, Orange Juice, WW bread w/ Promise</p> <hr/> <p>Turkey Wrap ( Turkey, Red Pepper, Spring mix) 3-Sister Salad Flour Tortilla 10" Ranch Dressing Ambrosia</p> <hr/> <p>Cheese Omelet &amp; Apple Sausage Roasted Red Potatoes Italian Blend Vegetables WW Bread w/ Promise Mandarin Oranges</p>
<p><b>29</b></p> <p>Hard Boiled Eggs(2), Milk, Orange Juice, WW Bread w/ Promise &amp; SF Jelly</p> <hr/> <p>Southwest Chicken Salad Cucumber Salad WW Roll w/ Promise Diet Fruited Gelatin</p> <hr/> <p>Meatballs w/ Marinara Fettuccini Pasta Sliced Carrots WW Roll w/ Promise SF Cake</p>	<p><b>30</b></p> <p>Cottage Cheese, Milk, Pineapple Chunks, WW Bread w/ Promise &amp; SF Jelly</p> <hr/> <p>Beef Hamburger on WW Bun w/ Mayonaise &amp; Mustard Tomato &amp; Red Onion Salad Cherry Tomato Diet Crisp</p> <hr/> <p>Vietnamese Lemongrass Pork Rice Pilaf Broccoli WW Roll w/ Promise Fresh Orange</p>	<p><b>31</b></p> <p>Multigrain Cheerios, Milk, Orange Juice, WW Bread w/ Promise &amp; SF Jelly, String Cheese</p> <hr/> <p>Butternut Squash Pasta w/ Feta Broccoli &amp; Pepper Salad Fresh Apple</p> <hr/> <p>Salisbury Steak w/ Mushroom Sauce Mashed Sweet Potatoes Winter Blend Vegetables WW Roll w/ Promise Ambrosia</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.

