






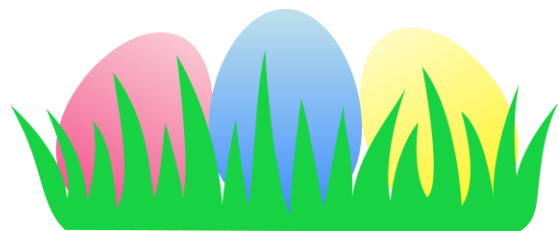
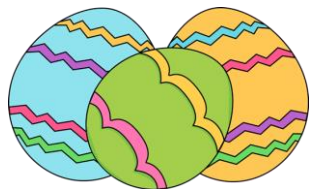
2021 April- Home Delivered Meals Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5	6	**7**	8	9
<p>Oatmeal Milk & Orange-Pineapple Juice WW Bread w/ Peanut Butter & SF Jelly <u>String Cheese</u> Meatloaf Sandwich On WW Bread w/ Promise Tomato and Red Onion Salad <u>Fresh Fruit</u> Mr. Fridays w/ Pesto Sauce Wild Rice Pilaf Broccoli WW Dinner Roll w/ Promise Ambrosia</p>	<p>Hardboiled Eggs Milk & Orange Juice, <u>WW Bread w/ Promise & SF Jelly</u> Chicken with Green Beans and Tomato Salad Couscous Parmesan and Peas Salad <u>Mandarin Orange</u> Pork Tenderloin w/Polynesian Sauce Brown Rice Sliced Carrots WW Dinner Roll w/ Promise Applesauce</p>	<p>***Spring Celebration*** Cottage Cheese, Milk & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Thai Beef Salad Thai Dressing Confetti Salad WW Crackers <u>Canned Pears</u> Baked Ham w/ Fruit Glaze Yams w/ Marshmallows Chef Cut Vegetables WW Dinner Roll w/ Promise SF Cake</p>	<p>All Bran Cereal, Milk & 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 & Cranberry Sauce Mashed Potatoes Peas and Carrots WW Dinner Roll w/ Promise Diet Apple Crisp</p>	<p>Mini Bagel & Cream Cheese Milk & Orange Juice <u>Low Fat Yogurt</u> Mexican Chicken Bowl (Chicken Strips, Rice, Corn, Beans) <u>Tortilla Strips</u> <u>Diet Egg Custard</u> Vegetarian Lasagna Succotash Italian Blend Vegetables WW Dinner Roll w/ Promise Pineapple Chunks</p>
12	13	14	15	16
<p>Cottage Cheese Milk & Orange-Pineapple Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Heart Healthy Garbanzo Salad Spinach WW Dinner Roll w/ Promise <u>SF Cookie</u> Meatballs w/ Fricassee Sauce Egg Noodles Mixed Vegetables WW Dinner Roll w/ Promise Fresh Orange</p>	<p>Bran Muffin Milk & Orange Juice <u>Low Fat Yogurt</u> Signature Chicken Salad Couscous w/ Parmesan and Peas, WW Dinner Roll w/ Promise <u>Canned Apricots</u> Cubed Pork w/ Chilli Verde Spanish Rice Pinto Beans Tortilla 4.5" Promise Tropical Fruit Mix</p>	<p>Oatmeal, Milk & Orange Juice WW Bread w/ Raisins, Promise, SF Jelly, <u>String Cheese</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 Diet Fruited Gelatin</p>	<p>Hard Boiled Eggs Milk & Orange-Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Provencal Tuna Salad Cucumber Salad WW Dinner Roll w/ Promise <u>Apple Crisp</u> Stuffed Bell Pepper Pinto Beans Sliced Carrots WW Dinner Roll w/ Promise Mandarin Orange</p>	<p>Multigrain Cheerios Milk & Orange Juice <u>Low Fat Yogurt</u> Turkey & Swiss Cheese Sandwich On WW Bread Mayonnaise Coleslaw Salad <u>Ambrosia</u> Diced Chicken w/ Brunswick Sauce Baby Baker Potatoes Spinach WW Dinner Roll w/ Promise Diet Custard</p>


Voluntary Contribution \$5.25 per day.

TURN OVER 



2021 April -Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19</p> <p>Hard Boiled Eggs Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>String Cheese</u> Beef Barley and Mango Salad Tri-Color Pasta Salad WW Dinner Roll w/ Promise <u>Diet Fruited Gelatin</u> Chicken Strips w/ Chow Mein Sauce Brown Rice Oriental Blend Vegetables Canned Apricots</p>	<p>20</p> <p>Cottage Cheese Milk & Fruit Cocktail Blueberry Muffin <u>Promise</u> Mexican Chopped Salad WW Dinner Roll w/ Promise <u>Mandarin Orange</u> Turkey Pot Roast w/ Brown Gravy Mashed Potatoes Sliced Carrots Applesauce</p>	<p>21</p> <p>Multigrain Cheerios Milk & Orange-Pineapple Juice WW Bread w/ Peanut Butter & SF Jelly <u>Low Fat Yogurt</u> Veggie Egg Salad Corn, Lima Beans and 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</p>	<p>22</p> <p>Mini Bagel & Cream Cheese Milk & Orange Juice <u>Low Fat Yogurt</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</p>	<p>23</p> <p>Oatmeal Milk & Orange-Pineapple Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Mediterranean Turkey Wrap (Sliced Turkey, Feta, Spinach) Hummus Broccoli Pepper Salad Flour Tortilla <u>Fresh Apple</u> Zucchini Corn Casserole Pinto Beans Spinach WW Dinner Roll w/ Promise Ambrosia</p>
<p>26</p> <p>Multigrain Cheerios Milk & Orange Juice <u>Low Fat Yogurt</u> Tuscan Tuna and White Beans Salad Tomato Zucchini Salad WW Dinner Roll w/ Promise <u>SF Cookie</u> Chicken Strips w/ Cacciatore Sauce Fettuccini Pasta Green Beans WW Dinner Roll w/ Promise Tropical Fruit Mix</p>	<p>27</p> <p>All Bran Cereal Milk & Orange-Pineapple Juice <u>String Cheese</u> Curry Chicken Salad Confetti Rice Salad WW Bread w/ Promise <u>Mandarin Orange</u> Beef Enchilada Casserole Spanish Rice Broccoli WW Dinner Roll w/ Promise SF Cake</p>	<p>28</p> <p>Cottage Cheese Milk & Pineapple Chunks WW Bread w/ Promise <u>SF Jelly</u> Crab and Corn Salad Spring mix Quinoa Salad <u>Diet Fruit Gelatin</u> Cheese Ravioli w/ Marinara Sauce Succotash Sliced Carrots BreadStick Ambrosia</p>	<p>29</p> <p>Oatmeal Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>String Cheese</u> Hamburger On WW Bun w/ Lettuce & Tomato California Salad <u>Fruit Cocktail</u> Vietnamese Pork Curry/Pineapple Sauce Egg Noodles Oriental Vegetable Blend WW Dinner Roll w/ Promise Diet Apple Crisp</p>	<p>30</p> <p>Hard Boiled Egg Milk & Orange Juice Mini Muffin w/ Promise <u>Low Fat Yogurt</u> Balsamic Chicken Pasta Salad WW Dinner Roll w/ Promise <u>Fresh Apple</u> Beef Cubed w/ Goulash Sauce Sweet Potatoes Winter Vegetable Blend Canned Pears</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.

