



2021 MAY- Home Delivered Meals Menu

Alignment Healthcare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cottage Cheese Milk & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Chicken Cranberry Salad Quinoa Salad WW Pita Bread w/ Promise <u>SF Custard</u> Mrs. Friday Fish w/ Tartar Sauce Roasted Baby Potatoes Mixed Vegetables WW Dinner Roll w/ Promise Mandarin Oranges	4 Oatmeal Milk & Orange-Pineapple Juice WW Bread w/ Peanut Butter <u>Low-fat Yogurt</u> Greek Garbanzo Salad w/ Roast Beef California Salad WW Dinner Roll w/ Promise <u>SF Fruited Gelatin</u> Macaroni and Cheese Stewed tomatoes Broccoli WW Dinner Roll w/ Promise Ambrosia	**5** "Cinco de Mayo" Mini Bagel & Cream Cheese Milk & Orange Juice <u>Low-fat yogurt</u> Veggie Egg salad Corn, Lima Beans & Tomato Salad WW Bread w/ Promise <u>Tropical Fruit Mix</u> Cheese Enchiladas w/ Sauce Spanish Rice Pinto Beans SF Baked Cookies	6 Multigrain Cheerios Milk & Orange-Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Chef's Salad (Diced Turkey, Eggs, Peppers, Shredded Cheese, Carrots & Lemon Vinaigrette) 3-Way Mixed Salad WW Dinner Roll w/ Promise <u>SF Pudding</u> Garden Chili w/ Kidney Beans Green Peas Corn Muffin w/ Promise Canned Apricots	7 Hard Boiled Eggs Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Tarragon Tuna Salad Broccoli and Pepper Salad WW Dinner Roll w/ Promise <u>SF Cake</u> Chicken Fajitas Spanish Rice Pinto Beans Pineapple Chunks
10 "Mother's Day Celebration" Oatmeal Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat yogurt</u> Hamburger on WW Bun w/ Lettuce Mayonnaise & Mustard Coleslaw Salad <u>Tropical Fruit Mix</u> Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Dinner Roll w/Promise Assorted Cake (Diet: Fresh Fruit)	11 Mini Bagel & Cream Cheese Milk & Orange-Pineapple Juice <u>Low Fat yogurt</u> Crab Corn & Tomato Salad Couscous w/ Parmesan & Peas Salad WW Dinner Roll w/ Promise <u>Canned Peaches</u> Beef Enchiladas Casserole Mexican Rice Corn SF Egg Custard	12 Hard Boiled Eggs Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Turkey Ham & Cheese Sandwich Carrot Raisin Salad WW Bread w/ Promise <u>SF Pudding</u> Pork Tenderloin w/ Raisin Sauce Mashed Potatoes Capri Vegetables Blend WW Dinner Roll w/ Promise Pineapple Chunks	13 Cottage Cheese Milk & Canned Apricots <u>WW Bread w/ Promise & SF Jelly</u> Heart Healthy Garbanzo Beans Salad Sunshine SF Gelatin Salad <u>Ambrosia</u> Beef w/ Stroganoff Sauce Quinoa Pilaf Broccoli Fresh Fruit	14 All Bran Cereal Milk & Orange-Pineapple Juice <u>WW Bread w/ Peanut Butter</u> Pasta w/ Butternut Squash & Feta Chesse Harvest Cranberry Salad w/ Almond WW Dinner Roll w/ Promise <u>SF Fruited Gelatin</u> Chicken Breast w/ Hawaiian Sauce Brown Rice Oriental Vegetable Blend WW Bread w/ Promise Mandarin Orange
17 Mini Bagel & Cream Cheese <u>Milk & Orange Juice</u> Turkey Wrap (Sliced Turkey, Peppers, Spring Mix & Ranch Dressing) Couscous & Vegetables Tortilla 10" <u>Fresh Apple</u> Beef w/ Burgundy Sauce Fettuccini Peas & Carrots Ambrosia	18 Hard Boiled Eggs Milk & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Mexican Tuna Salad w/ Corn 3-Bean Salad w/ Lemon Vinaigrette WW Dinner Roll w/ Promise <u>SF Fruited Gelatin</u> Vietnamese Chicken Breast w/ Curry Sauce & Pineapple Brown Rice Italian Vegetables Blend WW Dinner Roll w/ Promise SF Pudding	19 All Bran Cereal Milk & Orange Juice <u>Low Fat yogurt</u> Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese & Tortilla Strips) SF Cake Meatballs w/ Swedish Sauce Baked Sweet Potatoes Oregon Bean Medley WW Dinner Roll w/ Promise Tropical Fruit Mix	20 Cottage Cheese Milk & Pineapple Chunks <u>WW Bread w/ Promise & SF Jelly</u> Open Faced Pastrami w/ Jack Cheese Sandwich on WW Bread Barley Salad w/ Mango Dressing Mayonnaise <u>Canned Pears</u> Baked Fish w/ Savory Tomato Sauce Roasted Potatoes California Veg. Blend WW Bread w/ Promise Mandarin Orange	21 Oatmeal Milk & Orange Juice WW Bread w/ Peanut Butter <u>Low-fat Yogurt</u> Rainbow Butterflies Pasta w/ Chicken Strips Tomato & Zucchini Salad <u>Canned Apricots</u> Pork Chile Verde w/ Verde Sauce Pinto Beans Sliced Carrots Tortilla SF Custard

Voluntary Contribution \$5.25 per day.

TURN OVER



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Hard Boiled Egg Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat yogurt</u> Turkey Patty Burger on Hamburger Bun Mayonnaise & Mustard Carrot Raisin Salad Tropical Fruit Mix Kung Pao Chicken w/ Kung Pao Sauce Brown Rice Oriental Veg. Blend SF Pudding	25 Cottage Cheese Milk & Canned Peaches <u>WW Bread w/ Promise & SF Jelly</u> Mediterranean Quinoa Salad w/ Chicken & Feta Tomato & Red Onions Salad WW Dinner Roll w/ Promise <u>Pineapple Chunks</u> Zucchini Mixed Vegetables & Egg Casserole Orzo w/ Vegetables Broccoli WW Dinner Roll w/ Promise SF Apple Crisp	26 All Bran Cereal Milk & Orange Juice <u>WW Bread w/ Peanut Butter</u> Crab & Pasta Salad Quinoa, Corn, Mango & Tomato Salad WW Dinner Roll w/ Promise <u>Ambrosia</u> Baked Meatloaf w/ Brown Gravy Mashed Potatoes Spinach WW Dinner Roll w/ Promise Fresh Fruit	27 Mini Bagel & Cream Cheese Milk & Orange-Pineapple Juice <u>Low Fat yogurt</u> Chef's Salad (Diced Turkey, Eggs, Peppers, Shredded Cheese, Carrots & Lemon Vinaigrette) 3 Way Mixed Salad WW Dinner Roll w/ Promise <u>SF Cake</u> Chicken Drumstick Sweet Potatoes Green Peas WW Dinner Roll w/ Promise SF Fruited Gelatin	**28** "Memorial Day Celebration" Multigrain Cheerios Milk & Tropical Fruit Mix <u>WW Bread w/ Promise & SF Jelly</u> Signature Chicken Salad Garbanzo & Zucchini Salad WW Bread w/ Promise <u>Mandarin Orange</u> BBQ McRib Mashed Potatoes Carrot Coins WW Dinner Roll w/Promise Chocolate Brownie
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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.