



2021 June - Home Delivered Meals Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Oatmeal Milk & Orange-Pineapple Juice WW Bread w/ Peanut Butter <u>Low Fat Yogurt</u> Beef Tacos (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Tortilla (1) <u>SF Custard</u> Baked Fish w/ Sweet & Sour Sauce Fried Brown Rice Peas & Carrots WW Dinner Roll w/ Promise Fresh Orange</p>	<p>2</p> <p>Hard Boiled Egg Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Thai Chicken Salad w/ Asian Dressing (Shredded Chicken, 3-Way Cabbage, Spring Mix) Carrifruit Salad WW Dinner Roll w/ Promise <u>SF Apple Crisp</u> Pulled Pork w/ Chipotle BBQ Sauce Corn Capri Vegetable Blend WW Dinner Roll w/ Promise SF Fruited Gelatin</p>	<p>3</p> <p>Mini Bagel Milk & Orange-Pineapple Juice WW Bread w/ SF Jelly <u>Low Fat Yogurt</u> Sub Sandwich (Turkey Ham, Sliced Cheese, Spring Mix) Mayonnaise & Mustard Beets & Orange Salad French Roll <u>Canned Pineapple</u> Cheese Ravioli w/ Marinara Sauce Carrots Italian Vegetables Blend Breadstick & Promise Diet Cake</p>	<p>4</p> <p>Cottage Cheese Milk & Fruit Cocktail <u>WW Bread w/ Promise & SF Jelly</u> Balsamic Chicken Pasta Salad Black Beans & Mango Salad <u>Fresh Fruit (Apple)</u> Chili con Carne Baked Potato California Vegetable Blend Tropical Fruit Mix</p>
<p>7</p> <p>Cottage Cheese Milk & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Beef Barley Salad w/ Mango Dressing Tomato & Cucumber Salad WW Crackers <u>SF Cake</u> Pork Tenderloin w/ Apricot Glaze Sweet Potatoes Broccoli WW Dinner Roll w/ Promise SF 50/50 Whip</p>	<p>8</p> <p>Hard Boiled Egg Milk & Orange-Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Mediterranean Turkey Salad Tri- Color Salad WW Bread Hummus <u>Mandarin Oranges</u> Veggie Chili Capri Vegetables Blend Cornbread Muffin w/ Promise Ambrosia</p>	<p>9</p> <p>Oatmeal Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Heart Healthy Garbanzo Salad Beets & Orange Salad <u>Pineapple Chunks</u> Meatballs w/ Bolognese Sauce Spaghetti Italian Vegetables Blend Breadstick SF Fruited Gelatin</p>	<p>10</p> <p>Bagel Cream Cheese <u>Milk & Orange-Pineapple Juice</u> Mexican Chicken Bowl (Chicken Strips, Rice & Corn, Beans, Tortilla Chips) <u>SF Custard</u> Beef w/ Mushroom Gravy Couscous Spinach Pilaf WW Dinner Roll w/ Promise Fresh Fruit Apple</p>	<p>11</p> <p>All Bran Milk & Orange Juice <u>Nature Bar</u> Pasta w/ Butternut Squash & Feta Cheese Corn, Lima Beans & Tomato Salad <u>Tropical Fruit Mix</u> Ricotta Cheese w/ Peas & Broccoli Quiche Black Beans & Corn Carrots WW Dinner Roll w/ Promise SF Fruit Crisp</p>
<p>14</p> <p> Cottage Cheese Milk & Orange Juice <u>WW Bread w/ Promise & Jelly</u> Chicken Cranberry Salad Quinoa Salad WW Pita Bread w/ Promise <u>SF Custard</u> Mrs. Friday's Fish w/ Tartar Sauce Roasted Baby Potatoes Mixed Vegetables Blend WW Dinner Roll w/ Promise Mandarin Oranges</p>	<p>15</p> <p>Oatmeal Milk & Orange- Pineapple Juice WW Bread w/ Peanut Butter Cup <u>Low Fat Yogurt</u> Greek Garbanzo Salad California Salad WW Dinner Roll w/ Promise <u>SF Fruited Gelatin</u> Macaroni & Cheese Stewed Tomatoes Broccoli WW Dinner Roll w/ Promise Ambrosia</p>	<p>16</p> <p>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> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Spinach WW Dinner Roll w/ Promise SF Cookie</p>	<p>17</p> <p>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, Shredded Carrots & Lemon Vinaigrette) Spring Mix Salad WW Dinner Roll w/ Promise <u>SF Pudding</u> Garden Chili w/ Kidney Beans Green Peas Corn Muffin w/ Promise Canned Apricots</p>	<p>18</p> <p>**Father's Day** Hard Boiled Eggs Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Tarragon Tuna Salad Broccoli & Pepper Salad WW Dinner Roll w/ Promise <u>Diet Cake</u> Beef Pot Roast w/ Mushroom Gravy Baked Potato w/ Sour Cream Chef's Cut Vegetables Parker House Dinner Roll Assorted Cake</p>

Voluntary Contribution \$5.25 per day.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
Oatmeal Milk & Orange Juice WW Bread w/ Promise & Jelly <u>Low Fat Yogurt</u> Hamburger Patty on WW Bun w/ Lettuce & Mayonnaise, Mustard Coleslaw Salad <u>Tropical Fruit Mix</u> Turkey Pot Roast w/ Gravy Sweet Potatoes California Vegetable Blend SF Apple Crisp	Mini Bagel Cream Cheese Milk & Orange- Pineapple Juice <u>Low Fat Yogurt</u> Crab, Corn & Tomato Salad Couscous w/ Parmesan & Pea Salad WW Dinner w/ Promise <u>Canned Peaches</u> Beef Enchilada Casserole Mexican Rice Corn SF Egg Custard	Hard Boiled Egg 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 Vegetable Blend WW Dinner Roll w/ Promise Pineapple Chunks	**Welcoming Summer** 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> BBQ Chicken Mashed Potatoes w/ Gravy Green Beans WW Dinner Roll w/ Promise Apple Pie	All Bran Cereal Milk & Orange- Pineapple Juice <u>WW Bread w/ Peanut Butter</u> Pasta w/ Butternut Squash & Feta Cheese Harvest Cranberry Salad w/ Almond WW Dinner Roll w/ Promise <u>SF Fruited Gelatin</u> Chicken Breast w/ Hawaiian Sauce Brown Rice Oriental Vegetables Blend WW Bread w/ Promise Mandarin Oranges
28	29	30		
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	Hard Boiled Egg 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 Vegetable Blend WW Dinner Roll w/ Promise SF Pudding	All Bran Milk & Orange Juice <u>Low Fat Yogurt</u> Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese & Tortilla Strips) <u>Diet Cake</u> Meatballs w/ Swedish Sauce Baked Sweet Potatoes Oregon Bean Medley WW Dinner Roll w/ Promise Tropical Fruit Mix		

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.