

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cottage Cheese Milk & Pineapple Chunks <u>WW Bread w/ Promise & SF Jelly</u> Open Face Pastrami w/ Jack Cheese & Mayonnaise Sandwich WW Bread Barley Salad w/ Mango Dressing <u>Canned Pears</u> Baked Fish w/ Savory Tomato Sauce Roasted Potatoes California Vegetable Blend WW Bread w/ Promise Mandarin Oranges	**2** **Independence Day**  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> All American Hamburger w/ Cheese, Mayo, Mustard & Tomato On WW Bun Spring Mix Baked Beans & Garden Veg. Mix Assorted Cake
5 	6  Cottage Cheese Milk & Canned Peaches <u>WW Bread w/ Promise & SF Jelly</u> Mediterranean Quinoa Salad w/ Chicken & Feta Tomato & Red Onion 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	7 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 Apple	8  Mini Bagel Milk & Orange-Pineapple Juice Cream Cheese & SF Jelly <u>Low Fat Yogurt</u> Chef's Salad (Roasted Turkey, Diced Eggs, Swiss Cheese, Peppers, Carrots & Lemon Vinaigrette) Spring Mix Salad WW Dinner Roll w/ Promise <u>SF Cake</u> Chicken Drumstick Sweet Potato Green Peas WW Dinner Roll w/ Promise Fresh Orange	9 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 Oranges</u> Pork Tenderloin w/ Chipotle Mango Sauce Spanish Rice Oregon Bean Medley WW Dinner Roll w/ Promise SF Custard
12  All Bran Cereal Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>String Cheese</u> Provencal Tuna Salad Mediterranean Chickpea Salad WW Bread w/ Promise <u>Ambrosia</u> Roast Turkey w/ Turkey Gravy Sweet Potatoes Broccoli WW Dinner Roll w/ Promise Cranberry SCF SF Pudding	13 Oatmeal Milk & Orange-Pineapple Juice WW Bread w/ Peanut Butter <u>Low Fat Yogurt</u> Beef Tacos Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Tortilla Salsa <u>SF Custard</u> Baked Fish w/ Sweet & Sour Sauce Fried Brown Rice Peas & Carrots WW Dinner Roll w/ Promise Fresh Orange	14  Hard Boiled Eggs Milk & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Thai Chicken Salad (Chicken Strips, 3 Way Cabbage, Spring Mix & Asian Dressing) Carrifruit Salad WW Dinner Roll w/ Promise <u>SF Apple Crisp</u> Pulled Pork w/ Chipotle BBQ Sauce Corn Capri Vegetables Blend WW Dinner Roll w/ Promise SF Fruited Gelatin	15 Mini Bagel Milk & Orange-Pineapple Juice WW Bread w/ Jelly <u>Low Fat Yogurt</u> Sub Sandwich (Turkey Ham, Turkey, Cheese, Spring Salad Mix, Mayonnaise & Mustard) Beets & Orange Salad French Roll <u>Canned Pineapple</u> Cheese Ravioli w/ Marinara Sauce Carrots Italian Vegetable Blend Breadstick w/ Promise Apple Sauce	16  Cottage Cheese Milk & Fruit Cocktail <u>WW Bread w/ Promise & SF Jelly</u> Balsamic Chicken Pasta Salad Black Beans & Mango Salad <u>Fresh Apple</u> Chili con Carne Baked Potato (Shredded Cheese, Chopped Broccoli) California Vegetable Blend Tropical Fruit Mix

Voluntary Contribution \$5.25 per day.






TURN OVER 


JULY



2021 July-Home Delivered Meals Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19  Cottage Cheese Milk & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Beef Barley Salad w/ Mango Dressing Tomato & Cucumber Salad WW Crackers Diet Cake Pork Tenderloin w/ Apricot Glaze Sweet Potatoes Broccoli WW Dinner Roll w/ Promise SF 50/50 Whip	20 Hard Boiled Egg Milk & Orange-Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Mediterranean Turkey (Sliced Turkey, Swiss Cheese & Spring Mix Salad) Tri- Color Salad WW Bread Hummus <u>Mandarin Oranges</u> Veggie Chili (Chopped Onion & Shredded Cheese) Capri Vegetable Blend Cornbread Muffin w/ Promise Ambrosia	21  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 Vegetable Blend Breadstick SF Fruited Gelatin 	22  Bagel Cream Cheese <u>Milk & Orange-Pineapple Juice</u> Mexican Chicken Bowl (Chicken Strips, Beans, Rice w/ Corn) Tortilla Chips Salsa Individual <u>SF Custard</u> Cubed Beef w/ Mushroom Gravy Couscous Spinach Pilaf California Vegetable Blend WW Dinner Roll w/ Promise Fresh Fruit Apple	23 All Bran Cereal 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 Salad Carrots WW Dinner Roll w/ Promise SF Fruit Crisp
26 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's Fish w/ Tartar Sauce Roasted Baby Potatoes Mixed Vegetables Blend WW Dinner Roll w/ Promise Mandarin Oranges	27 Oatmeal Milk & Orange-Pineapple Juice WW Bread w/ Peanut Butter <u>Low Fat Yogurt</u> Greek Garbanzo Salad (Garbanzo & Roast Beef) California Salad WW Dinner Roll w/ Promise <u>Diet Fruited Gelatin</u> Macaroni & Cheese Stewed Tomatoes Broccoli WW Dinner Roll w/ Promise Ambrosia	28 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	29 Multigrain Cheerios Milk & Orange-Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Chef's Salad (Roasted Turkey, Diced Eggs, Swiss Cheese, Peppers, 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 Peaches	30 Hard Boiled Egg 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> Chicken w/ Fajita Vegetables Spanish Rice Pinto Beans 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.

