

2021 September - Home Delivered Meals Menu

Alignment Healthcare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p>	<p>7</p>	<p>1</p> <p>Oatmeal Milk (2) & 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</p>	<p>2</p> <p>Bagel Cream Cheese <u>Milk (2) & 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 Apple</p>	<p>**3**</p> <p>"Labor Day Celebration" All Bran Cereal Milk (2) & Orange Juice <u>Nature Bar</u> Pasta w/ Butternut Squash & Feta Cheese Corn, Lima Beans & Tomato Salad <u>Tropical Fruit Mix</u> Pulled Pork w/ BBQ Sauce Boston Baked Beans Broccoli WW Dinner Roll SF Apple Crisp</p>
<p>HAPPY Labor Day</p>	<p>Oatmeal Milk (2) & 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>SF Fruited Gelatin</u> Macaroni & Cheese Stewed Tomatoes Broccoli WW Dinner Roll w/ Promise Ambrosia</p>	<p>8</p> <p>Mini Bagel Cream Cheese Milk (2) & 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>9</p> <p>Multigrain Cheerios Milk (2) & 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 Diced Peaches</p>	<p>10</p> <p>Hard Boiled Eggs Milk (2) & 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>SF Cake</u> Shredded Chicken w/ Fajita Vegetables Spanish Rice Pinto Beans Pineapple Chunks</p>
<p>13</p> <p>Oatmeal Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Hamburger Patty on WW Bun Mayonnaise & Mustard Spring Mix Salad Coleslaw <u>Tropical Fruit Mix</u> Turkey Pot Roast w/ Turkey Gravy Sweet Potatoes California Vegetable Blend SF Apple Crisp</p>	<p>14</p> <p>Mini Bagel Cream Cheese Milk (2) & Orange-Pineapple Juice <u>Low Fat Yogurt</u> Crab, Corn, & Tomato Salad Couscous w/ Parmesan & Peas Salad WW Dinner Roll w/ Promise <u>Diced Peaches</u> Beef Enchilada Casserole Mexican Rice Corn SF Egg Custard</p>	<p>15</p> <p>Hard Boiled Eggs Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Turkey & 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</p>	<p>16</p> <p>Cottage Cheese Milk (2) & Diced Apricots <u>WW Bread w/ Promise & SF Jelly</u> Heart Healthy Garbanzo Beans Salad Sunshine SF Gelatin Salad <u>Ambrosia</u> Cubed Beef w/ Stroganoff Sauce Quinoa Pilaf Broccoli Apple</p>	<p>**17**</p> <p>"Western Day Celebration" All Bran Cereal Milk (2) & 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> Chili Dog on WW Bun Redskin Potatoes Mixed Vegetables Pineapple Chunks</p>







Voluntary Contribution \$5.25 per day.


TURN OVER





2021 September -Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</p> <p>Mini Bagel Cream Cheese <u>Milk (2) & Orange Juice</u> Turkey Wrap (Sliced Turkey, Peppers, Spring Mix & Ranch Dressing) Couscous & Vegetables Tortilla <u>Apple</u> Braised Cubed Beef w/ Burgundy Sauce Fettuccini Pasta Peas & Carrots Ambrosia</p>	<p>21</p> <p>Hard Boiled Eggs Milk (2) & 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 & Pineapple Sauce Brown Rice Italian Vegetable Blend WW Dinner Roll w/ Promise SF Pudding</p> 	<p>WEDNESDAY</p> <p>**22**</p> <p>"First Day of Autumn Celebration"</p> <p>All Bran Cereal Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn Shredded Cheese & Cilantro Lime Dressing) Spring Mix Salad Tortilla Strips <u>SF Cake</u> Beef Stew w/ Yellow Squash & Cauliflower Vegetables Cornbread Muffin w/Promise Pumpkin Pie</p>	<p>THURSDAY</p> <p>23</p> <p>Cottage Cheese Milk (2) & Pineapple Chunks <u>WW Bread w/ Promise & SF Jelly</u> Open Faced Pastrami & Jack Cheese Sandwich WW Bread Barley Salad w/ Mango Dressing Mayonnaise <u>Diced Pears</u> Baked Fish w/ Savory Tomato Sauce Roasted Potatoes California Vegetable Blend WW Bread w/ Promise Mandarin Orange</p>	<p>FRIDAY</p> <p>24</p> <p>Oatmeal Milk (2) & Orange Juice WW Bread w/ Peanut Butter <u>Low Fat Yogurt</u> Rainbow Butterfly Pasta w/ Chicken Strips Tomato & Zucchini Salad <u>Diced Apricots</u> Pork Chile Verde w/ Verde Sauce Pinto Beans Sliced Carrots Tortilla SF Custard</p> 
<p>27</p> <p>Hard Boiled Eggs Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Turkey Patty Burger Carrot Raisin Salad Hamburger Bun Mayonnaise & Mustard <u>Tropical Fruit Mix</u> Kung Pao Chicken (Chicken Strips w/ Kung Pao Sauce) Brown Rice Oriental Vegetable Blend SF Pudding</p>	<p>28</p> <p>Cottage Cheese Milk (2) & Diced 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</p> 	<p>29</p> <p>All Bran Cereal Milk (2) & 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 Apple</p> 	<p>30</p> <p>Mini Bagel Milk (2) & Orange-Pineapple Juice Cream Cheese & SF Jelly <u>Low Fat Yogurt</u> Chef's Salad (Roasted Turkey, Diced Eggs, Peppers, Shredded Cheese, Carrots & Lemon Vinaigrette) Spring Mix Salad WW Dinner Roll w/ Promise <u>SF Cake</u> Chicken Drumstick Sweet Potatoes Green Peas WW Dinner Roll w/ Promise Fresh Orange</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.

