







2021 October - Home Delivered Meals Menu


| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
|   | <p>Knock! Knock!<br/>Who's there?<br/>Wanda Witch!<br/>Wanda Witch who?</p>  <p>Wanda Witch you a Happy Halloween!</p>  |   |   | <p>1</p> <p>Multigrain Cheerios<br/>WW Bread w/ Promise &amp; SF Jelly<br/><u>Milk (2) &amp; Tropical Fruit Mix</u><br/>Signature Chicken Salad<br/>Garbanzo &amp; Zucchini Salad<br/>WW Bread w/ Promise<br/><u>Mandarin Orange</u><br/>Pork Tenderloin<br/>w/ Mango Chipotle Sauce<br/>Spanish Rice<br/>Oregon Bean Medley<br/>WW Dinner Roll w/ Promise<br/>SF Custard</p> |
| 4   | 5   | 6  | 7  | 8   |
| <p>All Bran Cereal, String Cheese<br/>WW Bread w/ Promise &amp; SF Jelly<br/><u>Milk (2) &amp; Orange Juice</u><br/>Provencal Tuna Salad<br/>Mediterranean Chickpea Salad<br/>WW Bread w/ Promise<br/><u>Ambrosia</u><br/>Roast Turkey w/ Turkey Gravy<br/>Sweet Potatoes<br/>Broccoli<br/>WW Dinner Roll w/ Promise<br/>Cranberry Sauce<br/>SF Pudding</p> | <p>Oatmeal, Low fat Yogurt<br/>WW Bread w/ Peanut Butter<br/><u>Milk (2) &amp; Orange-Pineapple Juice</u><br/>Beef Tacos<br/>(Crumbled Beef, Pinto Beans, Corn, Cheese)<br/>Tortilla Strips<br/><u>SF Custard</u><br/>Baked Fish w/ Sweet &amp; Sour Sauce<br/>Fried Brown Rice<br/>Peas &amp; Carrots<br/>WW Dinner Roll w/ Promise<br/>Fresh Orange</p> | <p>Hard Boiled Eggs (2), Low fat Yogurt<br/>WW Bread w/ Promise &amp; SF Jelly<br/><u>Milk (2) &amp; Orange Juice</u><br/>Thai Chicken Salad<br/>(Chicken Strips, 3way &amp; Spring Salad)<br/>Asian Dressing<br/>Carrifruit Salad<br/>WW Dinner Roll w/ Promise<br/><u>SF Apple Crisp</u><br/>Pulled Pork w/ Chipotle BBQ<br/>Corn<br/>Capri Vegetable Blend<br/>WW Dinner Roll w/ Promise<br/>SF Fruited Gelatin</p> | <p>Mini Bagel w/ Cream Cheese<br/>Low fat Yogurt<br/><u>Milk (2) &amp; Orange-Pineapple Juice</u><br/>Sub Sandwich<br/>(Turkey Ham, Turkey, Cheese, Spring Salad)<br/>Beets &amp; Orange Salad<br/>French Roll<br/>Mayonnaise &amp; Mustard<br/><u>Pineapple chunks</u><br/>Cheese Ravioli w/ Marinara Sauce<br/>Carrots<br/>Italian Vegetable Blend<br/>Breadstick w/ Promise<br/>SF Cake</p> | <p>Cottage Cheese<br/>WW Bread w/ Promise &amp; SF Jelly<br/><u>Milk (2) &amp; Fruit Cocktail</u><br/>Balsamic Chicken Pasta Salad<br/>Black Bean &amp; Mango Salad<br/><u>Fresh Fruit</u><br/>Chili Con Carne On Baked Potato<br/>Shredded Cheese &amp; Chopped Broccoli<br/>California Vegetable Blend<br/>Tropical Fruit Mix</p>   |
| 11  | 12  | 13   | 14   | 15  |
| <p>Cottage Cheese<br/>WW Bread w/ Promise &amp; SF Jelly<br/><u>Milk (2) &amp; Orange Juice</u><br/>Beef Barley &amp; Mango Salad<br/>Tomato &amp; Cucumber Salad<br/>WW Crackers (2)<br/><u>SF Cake</u><br/>Pork Tenderloin w/ Apricot Glaze<br/>Sweet Potatoes<br/>Broccoli<br/>WW Dinner Roll w/ Promise<br/>SF 50/50 Whip</p>                           | <p>Hard Boiled Eggs(2) , Low fat Yogurt<br/>WW Bread w/ Promise &amp; SF Jelly<br/><u>Milk (2) &amp; Orange-Pineapple Juice</u><br/>Mediterranean Turkey<br/>Tri Color Salad<br/>WW Bread<br/>Hummus<br/><u>Mandarin Orange</u><br/>Veggie Chili w/ Chopped Onion &amp; Cheese<br/>Capri Vegetable Blend<br/>Cornbread Muffin w/ Promise<br/>Ambrosia</p> | <p>Oatmeal, Low fat Yogurt<br/>WW Bread w/ Promise &amp; SF Jelly<br/><u>Milk (2) &amp; Orange Juice</u><br/>Heart Healthy Garbanzo Salad<br/>Beets &amp; Orange Salad<br/><u>Pineapple Chunks</u><br/>Meatballs w/ Bolognese Sauce<br/>Spaghetti Pasta<br/>Italian Vegetable Blend<br/>Breadstick<br/>SF Fruited Gelatin</p>  | <p>Bagel &amp; Cream Cheese<br/><u>Milk (2) &amp; Orange-Pineapple Juice</u><br/>Mexican Chicken Bowl<br/>Tortilla Chips<br/><u>SF Custard</u><br/>Cubed Beef w/ Mushroom Gravy<br/>Couscous Spinach Pilaf<br/>Broccoli<br/>WW Dinner Roll w/ Promise<br/>Fresh Apple</p>  | <p>All Bran Cereal, Nature Bar<br/><u>Milk (2) &amp; Orange Juice</u><br/>Butternut Squash Pasta with Feta Cheese<br/>Corn, Lima &amp; Tomato Salad<br/><u>Tropical Fruit Mix</u><br/>Ricotta cheese w/ Peas, Broccoli Quiche<br/>Black Beans &amp; Corn<br/>Carrots<br/>WW Dinner Roll w/ Promise<br/>SF Apple Crisp</p>   |

Voluntary Contribution \$5.25 per day.



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| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <b>18</b><br>Cottage Cheese<br>WW Bread w/ Promise & SF Jelly<br><u>Milk (2) &amp; Orange Juice</u><br>Chicken Cranberry Salad<br>Quinoa Salad<br>WW Pita Bread w/ Promise<br><u>SF Custard</u><br>Mrs. Friday's Fish w/ Tartar Sauce<br>Roasted Baby Potato<br>Mixed Vegetables<br>WW Dinner Roll w/ Promise<br>Mandarin Orange | <b>19</b><br>Oatmeal, Low fat Yogurt<br>WW Bread w/ Peanut Butter<br><u>Milk (2) &amp; Orange-Pineapple Juice</u><br>Greek Garbanzo Salad w/ Roast Beef<br>California Salad<br>WW Dinner Roll w/ Promise<br><u>SF Fruited Gelatin</u><br>Macaroni & Cheese<br>w/ Stewed Tomatoes<br>Broccoli<br>WW Dinner Roll w/ Promise<br>Ambrosia | <b>20</b><br>Mini Bagel w/ Cream Cheese<br>Low fat Yogurt<br><u>Milk (2) &amp; Orange Juice</u><br>Veggie Egg Salad<br>Corn, Lima & Tomato Salad<br>WW Bread w/ Promise<br><u>Tropical Fruit Mix</u><br>Salisbury Steak w/ Mushroom Gravy<br>Mashed Potatoes<br>Spinach<br>WW Dinner Roll w/ Promise<br>SF Cookie  | <b>21</b><br>Multigrain Cheerios, Low fat Yogurt<br>WW Bread w/ Promise & SF Jelly<br><u>Milk (2) &amp; Orange-Pineapple Juice</u><br>Chef's Salad<br>(Roast Turkey, Eggs, Peppers, Shredded<br>Cheese, Carrots & Lemon Vinaigrette)<br>Spring Salad<br>WW Dinner Roll w/ Promise<br><u>SF Pudding</u><br>Garden Chili w/ Kidney Beans<br>Green Peas<br>Corn Muffin w/ Promise<br>Apricots | <b>22</b><br>Hard Boiled Eggs(2) , Low fat Yogurt<br>WW Bread w/ Promise & SF Jelly<br><u>Milk (2) &amp; Orange Juice</u><br>Tarragon Tuna Salad<br>Broccoli & Pepper Salad<br>WW Dinner Roll w/ Promise<br><u>SF Cake</u><br>Chicken Fajitas<br>Spanish Rice<br>Pinto Beans<br>Pineapple Chunks  |
| <b>25</b><br>Oatmeal, Low fat Yogurt<br>WW Bread w/ Promise & SF Jelly<br><u>Milk (2) &amp; Orange Juice</u><br>Hamburger on WW Bun<br>w/ Spring Mix<br>Coleslaw<br>Mayonnaise & Mustard<br><u>Tropical Fruit Mix</u><br>Turkey Pot Roast w/ Turkey Gravy<br>Sweet Potatoes<br>California Vegetable Blend<br>SF Apple Crisp      | <b>26</b><br>Mini Bagel w/ Cream Cheese<br>Low fat Yogurt<br><u>Milk (2) &amp; Orange-Pineapple Juice</u><br>Crab, Corn, & Tomato Salad<br>Couscous w/ Parmesan & Peas Salad<br>WW Dinner Roll w/ Promise<br><u>Peaches</u><br>Beef Enchilada Casserole<br>Mexican Rice<br>Corn<br>SF Custard   | <b>27</b><br>Hard Boiled Eggs(2) , Low fat Yogurt<br>WW Bread w/ Promise & SF Jelly<br><u>Milk (2) &amp; Orange Juice</u><br>Turkey Ham & Cheese Sandwich<br>Carrot Raisin Salad<br>WW Bread (2) w/ Promise<br><u>SF Pudding</u><br>Pork Tenderloin w/ Raisin Sauce<br>Mashed Potatoes<br>Capri Vegetable Blend<br>WW Dinner Roll w/ Promise<br>Pineapple Chunks | <b>28</b><br>Cottage Cheese<br>WW Bread w/ Promise & SF Jelly<br><u>Milk (2) &amp; Apricots</u><br>Heart Healthy Garbanzo Beans Salad<br>Sunshine SF Gelatin Salad<br><u>Ambrosia</u><br>Braised Beef Stroganoff<br>Quinoa Pilaf<br>Broccoli<br>Fresh Apple  | <b>**29**</b><br><b>***Halloween Celebration***</b><br>All Bran Cereal<br>WW Bread w/ Peanut Butter<br><u>Milk (2) &amp; Orange-Pineapple Juice</u><br>Pasta w/ Butternut Squash & Feta Cheese<br>Harvest Cranberry Salad w/ Almond<br>WW Dinner Roll w/ Promise<br><u>SF Fruited Gelatin</u><br>Bewitched Beef Stew<br>Haunting Red Skin Potatoes<br>Ghostly Capri Vegetable Blend<br>Cornelius Cornbread<br>Ravishing Red Velvet Cake |

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.

