



# Home Delivered Meals November Menu 2021

Alignment Healthcare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p>  <p>Mini Bagel Cream Cheese <u>Milk (2) &amp; Orange Juice</u> Turkey Wrap (Sliced Turkey, Peppers, Spring Mix &amp; Ranch Dressing) Couscous &amp; Vegetables Tortilla <u>Apple</u> Braised Cubed Beef w/ Burgundy Sauce Fettuccini Pasta Peas &amp; Carrots Ambrosia</p>	<p><b>2</b></p> <p>Hard Boiled Eggs (2) Milk (2) &amp; Orange-Pineapple Juice <u>WW Bread w/ Promise &amp; 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 &amp; Pineapple Sauce Brown Rice Italian Vegetable Blend WW Dinner Roll w/ Promise SF Pudding</p>	<p><b>3</b></p> <p>All Bran Cereal Milk (2) &amp; Orange Juice <u>Low Fat Yogurt</u> Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn Shredded Cheese &amp; Cilantro Lime Dressing) Spring Mix Salad Tortilla Strips <u>SF Cake</u> Chicken Meatballs w/ Swedish Sauce Baked Sweet Potatoes Oregon Bean Medley WW Dinner Roll w/ Promise Tropical Fruit Mix</p>	<p><b>4</b></p> <p>Cottage Cheese Milk (2) &amp; Pineapple Chunks <u>WW Bread w/ Promise &amp; SF Jelly</u> Open Faced Pastrami &amp; 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><b>5</b></p> <p>Oatmeal Milk (2) &amp; Orange Juice WW Bread w/ Peanut Butter <u>Low Fat Yogurt</u> Rainbow Butterfly Pasta w/ Chicken Strips Tomato &amp; Zucchini Salad <u>Diced Apricots</u> Pork Chile Verde w/ Verde Sauce Pinto Beans Sliced Carrots Tortilla SF Custard</p>
<p><b>8</b></p> <p>Hard Boiled Eggs (2) Milk (2) &amp; Orange Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Turkey Patty Burger Carrot Raisin Salad Hamburger Bun Mayonnaise &amp; Mustard <u>Tropical Fruit Mix</u> Kung Pao Chicken (Chicken Strips w/ Kung Pao Sauce) Brown Rice Oriental Vegetable Blend SF Pudding</p>	<p><b>9</b></p> <p>Cottage Cheese Milk (2) &amp; Diced Peaches <u>WW Bread w/ Promise &amp; SF Jelly</u> Mediterranean Quinoa Salad w/ Chicken &amp; Feta Tomato &amp; Red Onion Salad WW Dinner Roll w/ Promise <u>Pineapple Chunks</u> Zucchini Mixed Vegetables &amp; Egg Casserole Orzo w/ Vegetables Broccoli WW Dinner Roll w/ Promise SF Apple Crisp</p>	<p><b>**10**</b></p> <p><b>"Veteran's Day Celebration"</b> All Bran Cereal Milk (2) &amp; Orange Juice <u>WW Bread w/ Peanut Butter</u> Crab &amp; Pasta Salad Quinoa, Corn, Mango &amp; Tomato Salad WW Dinner Roll w/ Promise <u>Ambrosia</u> Turkey Pot Roast w/ Brown Gravy Mashed Potatoes Spinach WW Dinner Roll w/ Promise Red Velvet Cake</p> 	<p><b>11</b></p> 	<p><b>12</b></p> <p>Multigrain Cheerios Milk (2) &amp; Tropical Fruit Mix <u>WW Bread w/ Promise &amp; SF Jelly</u> Signature Chicken Salad Garbanzo &amp; Zucchini Salad WW Bread w/ Promise <u>Mandarin Orange</u> Pork Tenderloin w/ Chipotle Mango Sauce Spanish Rice Oregon Bean Medley WW Dinner Roll w/ Promise SF Custard</p>
<p><b>15</b></p> <p>All Bran Cereal String Cheese Milk (2) &amp; Orange Juice <u>WW Bread w/ Promise &amp; Jelly</u> Provencal Tuna Salad Mediterranean Chickpea Salad WW Bread w/ Promise <u>Ambrosia</u> Roast Turkey Breast w/ Turkey Gravy Sweet Potatoes Broccoli Cranberry Sauce WW Dinner Roll w/ Promise SF Pudding</p>	<p><b>16</b></p> <p>Oatmeal Milk (2) &amp; Orange Pineapple Juice WW Bread w/ Peanut Butter <u>Low Fat Yogurt</u> Beef Tacos (Crumbled Beef, Pinto Beans, Corn &amp; Cheese) Tortilla Strips Salsa <u>SF Custard</u> Baked Fish w/ Sweet &amp; Sour Sauce Fried Brown Rice Peas &amp; Carrots WW Dinner Roll w/ Promise Fresh Orange</p>	<p><b>17</b></p> <p>Hard Boiled Eggs (2) Milk (2) &amp; Orange Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Thai Chicken Salad (Chicken Strips, 3 Way Cabbage, Spring Mix Salad &amp; Asian Dressing) 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><b>18</b></p> <p>Mini Bagel Cream Cheese Milk (2) &amp; Orange Pineapple Juice <u>Low Fat Yogurt</u> Sub Sandwich (Turkey Ham, Turkey, Cheese, Spring Mix Salad, Mayonnaise &amp; Mustard) Beets &amp; Orange Salad French Roll <u>Pineapple Chunks</u> Cheese Ravioli w/ Marinara Sauce Carrots Italian Vegetable Blend Breadstick w/ Promise SF Cake</p>	<p><b>19</b></p> <p>Cottage Cheese Milk (2) &amp; Fruit Cocktail <u>WW Bread w/ Promise &amp; SF Jelly</u> Balsamic Chicken Pasta Salad Black Beans &amp; Mango Salad <u>Fresh Apple</u> Chili con Carne Baked Potato (Shredded Cheese &amp; Chopped Broccoli) California Vegetable Blend Tropical Fruit Mix</p> 

Voluntary Contribution \$5.25 per day.

TURN OVER 



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22</b> Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Promise &amp; SF Jelly</u> Beef Barley Salad w/ Mango Dressing Tomato & Cucumber Salad WW Crackers (2) <u>SF Cake</u> Pork Tenderloin w/ Apricot Glaze Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Promise SF 50/50 Whip	<b>23</b> Hard Boiled Eggs (2) Milk (2) & Orange Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Mediterranean Turkey (Sliced Turkey, Swiss Cheese & Spring Mix) Tri-Color Salad WW Bread Hummus <u>Mandarin Orange</u> Veggie Chili w/ Chopped Onion & Cheese Capri Vegetable Blend Cornbread Muffin w/ Promise Ambrosia	<b>**24**</b> <b>"Thanksgiving Celebration"</b> 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> Roasted Turkey w/ Turkey Gravy Baked Bread Stuffing Green Beans & Mushroom Parkerhouse Roll w/ Promise Pumpkin Pie	<b>25</b> 	<b>26</b> 
<b>29</b> Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Promise &amp; 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 Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange	<b>30</b> 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			

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

