



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Mini Bagel Cream Cheese Milk (2) &amp; Orange Juice <u>Low Fat Yogurt</u> Veggie Egg Salad Corn Lima Beans &amp; 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>2</p> <p>Multigrain Cheerios Milk (2) &amp; Orange-Pineapple Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Chef's Salad (Roasted Turkey, Diced Eggs, Swiss Cheese, Peppers, Carrots &amp; 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>3</p> <p>Hard Boiled Eggs (2) Milk (2) &amp; Orange Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Tarragon Tuna Salad Broccoli &amp; Pepper Salad WW Dinner Roll w/ Promise <u>SF Cake</u> Shredded Chicken w/ Fajita Vegetables Spanish Rice Pinto Beans Pineapple Chunks</p>
<p>6</p> <p>Oatmeal Milk (2) &amp; Orange Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Hamburger Patty on WW Bun Mayonnaise &amp; 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>7</p> <p>Mini Bagel Cream Cheese Milk (2) &amp; Orange-Pineapple Juice <u>Low Fat Yogurt</u> Crab, Corn, &amp; Tomato Salad Couscous w/ Parmesan &amp; Peas Salad WW Dinner Roll w/ Promise <u>Diced Peaches</u> Beef Enchilada Casserole Mexican Rice Corn SF Egg Custard</p>	<p>8</p> <p>Hard Boiled Eggs (2) Milk (2) &amp; Orange Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Turkey &amp; 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>9</p> <p>Cottage Cheese Milk (2) &amp; Diced Apricots <u>WW Bread w/ Promise &amp; SF Jelly</u> Heart Healthy Garbanzo Beans Salad Sunshine SF Gelatin Salad <u>Ambrosia</u> Braised Cubed Beef w/ Stroganoff Sauce Quinoa Pilaf Broccoli Apple</p>	<p>10</p> <p>All Bran Cereal Milk (2) &amp; Orange-Pineapple Juice <u>WW Bread w/ Peanut Butter</u> Butternut Squash &amp; Feta Cheese Pasta Harvest Cranberry Salad w/ Almond WW Dinner Roll w/ Promise <u>SF Fruited Gelatin</u> Chicken Breast w/ Hawaiian Sauce Brown Rice Oriental Vegetable Blend WW Bread w/ Promise Mandarin Orange</p>
<p>13</p> <p>Mini Bagel Cream Cheese <u>Milk (2) &amp; Orange Juice</u> Turkey Wrap (Sliced Turkey, Peppers &amp; Spring Mix) Ranch Dressing Couscous &amp; Vegetables Tortilla 10" <u>Fresh Apple</u> Braised Cubed Beef w/ Burgundy Sauce Fettuccini Pasta Peas &amp; Carrots Ambrosia</p>	<p>14</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>15</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>16</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 Barley Salad w/ Mango Dressing WW Bread Mayonnaise <u>Diced Peas</u> Baked Fish w/ Savory Tomato Sauce Roasted Potatoes California Vegetable Blend WW Bread w/ Promise Mandarin Orange</p>	<p>17</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 6" SF Custard</p>

Voluntary Contribution \$5.25 per day.





# December




Home Delivered Meals December Menu 2021

MERRY CHRISTMAS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b>  Hard Boiled Eggs (2) 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 & Kung Pao Sauce) Brown Rice Oriental Vegetable Blend SF Pudding	<b>21</b> Cottage Cheese Milk (2) & Diced Peaches <u>WW Bread w/ Promise &amp; 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	<b>22</b> 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 Fresh Apple 	<b>*23*</b> <u>"Christmas Day Celebration"</u> Mini Bagel Milk (2) & Orange-Pineapple Juice Cream Cheese & SF Jelly <u>Low Fat Yogurt</u> Chef's Salad (Roasted Turkey, Diced Eggs, Swiss Cheese, Carrots, Peppers & Lemon Vinaigrette) Spring Mix Salad WW Dinner Roll w/ Promise <u>SF Cake</u> Chicken Cordon Bleu Wild Rice Pilaf Chef's Cut Vegetables Parker House Roll w/Promise Red Velvet Cake	<b>24</b> 
<b>27</b> All Bran Cereal Milk (2) & 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 Breast w/ Turkey Gravy Sweet Potatoes Broccoli WW Dinner Roll w/ Promise Cranberry Sauce SF Pudding	<b>28</b> Oatmeal Milk (2) & Orange-Pineapple Juice WW Bread w/ Peanut Butter <u>Low Fat Yogurt</u> Beef Tacos (Crumbled Beef, Pinto Beans, Corn & Cheese) Tortilla Strips Salsa <u>SF Custard</u> Baked Fish w/ Sweet & Sour Sauce Fried Brown Rice Peas & Carrots WW Dinner Roll w/ Promise Fresh Orange	<b>29</b> Hard Boiled Eggs (2) Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Thai Chicken Salad (Chicken Strips, 3 Way Cabbage, Spring Mix Salad & 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	<b>*30*</b> <u>"New Year's Day Celebration"</u> Mini Bagel Cream Cheese Milk (2) & Orange-Pineapple Juice <u>Low Fat Yogurt</u> Sub Sandwich (Turkey Ham, Turkey, Cheese, Spring Mix, Mayonnaise & Mustard) Beets & Orange Salad Small French Roll <u>Pineapple Chunks</u> Roast Beef w/ Mushroom Gravy Mashed Potatoes Winter Cut Vegetables WW Dinner Roll w/ Promise IW Cheesecake	<b>31</b> 

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

