

Home Delivered Meals January Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3</p> <p>Hardboiled Egg Low Fat Mozzarella Cheese Stick Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Tuscan Tuna Salad w/ White Beans Broccoli & Pepper Salad WW Dinner Roll w/ Promise <u>SF Fruited Gelatin</u> Chicken A la King (Diced Chicken w/ A la King Sauce) Brown Rice Broccoli SF Cookies</p>	<p>4</p> <p>Oatmeal Milk (2) & Orange- Pineapple Juice <u>Low Fat Yogurt</u> Chef's Salad (Sliced Turkey, Diced Eggs, Swiss Cheese, Peppers, Carrots & Lemon Vinaigrette) Spring Mix Salad WW Dinner Roll w/ Promise <u>SF Pudding</u> Beef w/ Bolognese Sauce Penne Pasta Italian Vegetable Blend Parmesan Cheese Pineapple Chunks</p>	<p>5</p> <p>Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Curry Chicken Salad Confetti Rice Salad <u>Tropical Fruit Mix</u> Red Pepper Zucchini Cheddar Frittata Corn Spinach WW Dinner Roll w/ Promise SF Apple Crisp</p>	<p>6</p> <p>Multigrain Cheerios Milk (2) & Orange-Pineapple Juice <u>Low Fat Yogurt</u> Slider Sandwich (Sliced Turkey, Swiss Cheese, & Spring Mix) Farro Butternut Squash Salad WW Dinner Roll w/ Promise <u>Fresh Orange</u> Baked Fish w/ Pesto Sauce Rice Pilaf Sliced Carrots WW Dinner Roll w/ Promise Diced Peaches</p>	 <p>7</p> <p>Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Heart Healthy Garbanzo Bean Salad Tomato & Zucchini Salad <u>Mandarin Orange</u> Pork Tenderloin w/ Honey Mustard Sauce Sweet Potatoes Peas & Carrots WW Dinner Roll w/ Promise Fresh Apple</p>
<p>10</p> <p>Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Rainbow Butterfly Pasta w/ Chicken Strips Beet Mango Salad <u>Fresh Apple</u> Salisbury Steak w/ Country Gravy Mashed Potatoes Winter Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange</p>	<p>11</p> <p>Hardboiled Egg Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Cranberry Tuna Basil Salad Corn, Lima Beans & Tomatoes WW Bread w/ Promise <u>SF Pudding</u> Roast Turkey w/ Alfredo Sauce Spinach Fettuccini  WW Dinner Roll w/ Promise SF Fruited Gelatin</p>	<p>12</p> <p>Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Veggie Egg Salad Carrot Raisin Salad WW Dinner Roll w/ Promise <u>Tropical Fruit Mix</u> Pork Chile w/ Verde Sauce Black Beans, Corn & Carrots Tortilla Promise SF Egg Custard</p> 	<p>13</p> <p>Oatmeal Mix Box Raisin <u>Milk (2) & Orange-Pineapple Juice</u> Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn & Cheese) Sunshine SF Gelatin Salad Tortilla Strips Cilantro Lime Dressing <u>Pineapple Chunks</u> Vietnamese Lemongrass Chicken Strips w/ Lemongrass Sauce Jasmine Rice Oriental Vegetable Blend WW Dinner Roll w/ Promise SF Cookies</p>	<p>**14**</p> <p>"MLK Day Celebration" All Bran Milk (2) & Orange Juice WW Bread w/ Peanut Butter & SF Jelly <u>Low Fat Yogurt</u> Couscous Chicken Salad Tomato & Green Pepper <u>SF Apple Crisp</u> BBQ McRib Parkerhouse Roll Baked Beans Collard Greens Apple Pie</p>
<p>17</p> 	<p>18</p> <p>Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Mexican Tuna w/ Corn Salad Corn & Black Bean Salad <u>SF Cake</u> Chicken Breast w/ Diana Sauce Rice Pilaf Spinach WW Dinner Roll w/ Promise Ambrosia</p>	<p>19</p> <p>All Bran Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Greek Salad w/ Feta Cheese Carrot Raisin Salad WW Bread w/ Promise <u>Mandarin Orange</u> Baked Tilapia w/ Savory Tomato Braised Sweet Potatoes Mixed Vegetable Blend WW Bread w/ Promise Fresh Apple</p>	<p>20</p> <p>Oatmeal Low Fat Mozzarella Cheese Stick Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Chef's Salad (Sliced Turkey, Diced Eggs, Swiss Cheese, Peppers, Carrots, Corn & Lemon Vinaigrette) Spring Mix Salad WW Dinner Roll w/ Promise <u>Apple</u> Vegetarian Lasagna Broccoli California Vegetable Blend Breadstick Pineapple Chunks</p>	<p>21</p> <p>Hardboiled Egg Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Signature Chicken Salad Harvest Cranberries Almond Salad WW Dinner Roll w/ Promise <u>Diced Apricots</u> Pork Tenderloin w/ Chow Mein Sauce Brown Rice Oriental Vegetable Blend SF Apple Crisp</p> 

Voluntary Contribution \$5.25 per day.





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
Oatmeal Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Hamburger (Mayo, Mustard & Hamburger Bun) Coleslaw Spring Mix <u>Tropical Fruit Mix</u> Creole Chicken Strips w/ Creole Sauce Wild Rice Pilaf Carrots WW Dinner Roll w/ Promise Pineapple Chunks	Cottage Cheese Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Beef Barley w/ Mango Dressing Tomato & Zucchini Salad WW Bread w/ Promise <u>Pineapple Chunks</u> Macaroni & Cheese Italian Vegetable Blend Broccoli SF Apple Crisp	Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Mediterranean Quinoa Salad w/ Chicken, Feta Cheese & Balsamic Dressing Cucumber Salad WW Dinner Roll w/ Promise <u>Diced Apricots</u> Southern Pulled Pork w/ Brown Gravy Mashed Potatoes Collard Greens WW Bread w/ Promise Ambrosia	Hardboiled Egg Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Tuna & Chickpea Salad California Vegetable Salad WW Crackers w/ Promise <u>SF Cookie</u> Turkey Pot Roast w/ Turkey Gravy Sweet Potatoes Peas & Carrots WW Dinner Roll w/ Promise Mandarin Orange	All Bran Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Southwest Chicken Salad Beets & Orange Salad WW Dinner Roll w/ Promise <u>SF Custard</u> Braised Cubed Beef w/ Goulash Sauce Noodles Zucchini WW Bread w/ Promise SF Fruited Gelatin
31				
Oatmeal Low Fat Mozzarella Cheese Stick Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Provencal Tuna Salad Mediterranean Chickpea Salad <u>Apple</u> Chicken Strips w/ Cacciatore Sauce Bow Tie Pasta Italian Vegetable Blend WW Dinner Roll w/ Promise SF 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



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