



Home Delivered Meals February Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	"Chinese New Year Celebration" Multigrain Cheerios Milk (2) & Orange Juice Low Fat Yogurt <u>WW Bread w/ Promise & SF Jelly</u> Pecan Chicken Salad Spring Mix Salad WW Bread w/ Promise <u>SF Fruited Gelatin</u> Pork Tenderloin w/ Sweet & Sour Sauce Egg Roll Chow Mein Noodles Broccoli & Cauliflower SF Mandarin Orange Gelatin w/ Fortune Cookie	Hardboiled Egg All Bran Cereal <u>Milk (2) & Orange- Pineapple Juice</u> Mexican Chopped Salad Black Bean & Mango Salad WW Dinner Roll w/ Promise <u>SF Apple Crisp</u> Tuna Noodle Casserole Collard Greens Capri Vegetable Blend Pineapple Chunks	Cottage Cheese Milk (2) & Tropical Fruit Mix <u>WW Bread w/ Promise & SF Jelly</u> Thai Beef Salad (Sliced Beef, 3 Way Cabbage, Spring Mix & Asian Dressing) Asian Marinated Cucumber WW Crackers (2) Promise <u>SF Custard</u> Ricotta Pea & Broccoli Quiche Baby Baked Potatoes Oregon Bean Medley Mini Brand Muffin w/ Promise Tropical Fruit Mix	Mini Bagel & Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Healthy Veggie Salad w/ Shredded Chicken Beets & Orange Salad WW Dinner Roll w/ Promise <u>Ambrosia</u> Roast Turkey w/ Turkey Gravy Mashed Potatoes Green Beans WW Dinner Roll w/ Promise SF Cookies
7	8	9	10	11
Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Chicken Fiesta Salad Tomato & Zucchini Salad Mayonnaise Mustard <u>Tropical Fruit Mix</u> Cheese Ravioli w/ Marinara Sauce Broccoli Italian Vegetable Blend WW Dinner Roll w/ Promise SF Pear Crisp	Hardboiled Egg Low Fat Yogurt Milk (2) & Orange- Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Butternut Squash Pasta w/ Feta Cheese Green Pea Salad Mini Corn Muffin w/ Promise <u>Mandarin Orange</u> Turkey Pot Roast w/ Brown Gravy Mashed Potatoes Broccoli WW Bread w/ Promise SF Custard	Oatmeal Milk (2) & Orange Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Turkey Hummus Wrap Spring Mix Fiesta Corn Salad Tortilla 8 " <u>SF Cookies</u> Braised Cubed Beef w/ Burgundy Sauce Sweet Potatoes Green Beans Ambrosia	All Bran Low Fat Yogurt <u>Milk (2) & Orange- Pineapple Juice</u> Winter Chicken w/ Citrus & Celery Quinoa Salad WW Bread Promise <u>Orange</u> Baked Meatloaf w/ Mushroom Gravy Spinach WW Dinner Roll w/ Promise Pineapple Chunks	Bagel & Cream Cheese Low Fat Yogurt <u>Milk (2) & Orange Juice</u> Beef Barley Salad w/ Mango Dressing Winter Blend Salad WW Bread w/ Promise <u>SF Cake</u> Chicken Strips w/ Florentine Sauce Brown Rice Mixed Vegetables WW Dinner Roll w/ Promise Fresh Apple
14	15	16	17	18
"Valentine's Day Celebration" Hardboiled Egg, Low Fat Mozzarella 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> Stuffed Cabbage Mashed Potatoes Chef's Cut Vegetable Blend WW Dinner Roll w/ Promise IW Cheesecake Diet: Fresh Fruit	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	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	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	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

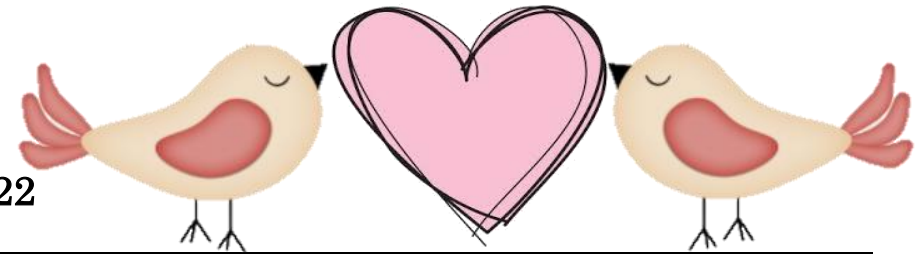
Voluntary Contribution \$5.25 per day.



TURN OVER


February



Home Delivered Meals February Menu 2022



MONDAY 21	TUESDAY **22**	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
	<p>"Presidents Day Celebration" Hardboiled Egg Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Cranberry Tuna Basil Salad Corn, Lima Beans & Tomatoes Salad WW Bread w/ Promise <u>SF Pudding</u> Roast Beef w/ Mushroom Gravy Baked Potato w/ Sour Cream Chef's Cut Vegetable Blend WW Dinner Roll w/ Promise IW Cake Diet: Fresh Fruit</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 Salad Carrots Tortilla Promise SF Egg Custard</p>	<p>Oatmeal Mini 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>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> Spinach, Mushroom & Cheese Quiche Roasted Baby Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Ambrosia</p>
<p>28</p> <p>Multigrain Cheerios Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Cilantro Chicken Salad Mexican Rice Salad WW Dinner Roll w/ Promise <u>SF Custard</u> Beef Stew w/ Stew Sauce Baby Potatoes Carrot Coins Cornbread Muffin w/ Promise SF Fruited Gelatin</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

TURN OVER 