





Home Delivered Meals May Menu 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>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</p>	<p>3</p> <p>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</p>	<p>4</p> <p>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</p>	<p>**5**</p> <p>"Cinco De Mayo Celebration" </p> <p>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> Carnitas Tacos w/ Chile Verde Spanish Rice Black Beans Arroz con Leche Diet: Fresh Fruit</p>	<p>6</p> <p>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</p>
<p>**9**</p> <p>"Mother's day Celebration" </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 Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Dinner Roll w/ Promise Assorted Cake Diet: Fresh Fruit</p>	<p>10</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>11</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>12</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>13</p> <p>Bagel Milk (2) & Orange Juice Cream Cheese <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>16</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>17</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>18</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>19</p> <p>Oatmeal Mini Box Raisin <u>Milk (2) & Orange-Pineapple Juice</u> Beef Taco Bowl (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>20</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 WW Dinner Roll w/ Promise Capri Vegetable Blend Ambrosia</p>

Voluntary Contribution \$5.25 per day.

TURN OVER 

May



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 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	24 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	25 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	26 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	27 Hardboiled Egg Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Signature Chicken Salad Harvest Salad (w/ Cranberries, Almonds on Spring Mix) WW Dinner Roll w/ Promise <u>Diced Apricots</u> Pork Tenderloin w/ Chow Mein Sauce Brown Rice Oriental Vegetable Blend SF Apple Crisp
30 "Memorial Day" BBQ McRib Mashed Potatoes Carrot Coins WW Dinner Roll w/Promise Apple Pie	31 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			

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) 2020 - 2025 & 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 . Please note condiments are not analyzed and may increase sodium. Special meals are indicated with **, sodium may exceed 2300 mg on these days.

TURN OVER