



Home Delivered Meals June Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>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</p>	<p>2</p> <p>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</p>	<p>3</p> <p>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</p>
		<p>6</p> <p>Oatmeal Low Fat Mozzarella Cheese Stick Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Provençal 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</p>	<p>7</p> <p>Multigrain Cheerios Low Fat Yogurt Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Pecan Chicken Salad Spring Mix Salad WW Bread w/ Promise <u>SF Fruit Gelatin</u> Pork Tenderloin w/ Curry Sauce & Pineapple Brown Rice Oriental Vegetable Blend Mandarin Orange</p>	<p>8</p> <p>Hardboiled Egg All Bran Cereal <u>Milk (2) & Orange- Pineapple Juice</u> Mexican Chopped Salad Tomato & Cucumber Salad WW Dinner Roll w/ Promise <u>SF Apple Crisp</u> Tuna Noodle Casserole Collard Greens Capri Vegetable Blend Pineapple Chunks</p>
<p>13</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>14</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>15</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>**16**</p> <p>"Fathers Day Celebration" </p> <p>All Bran Low Fat Yogurt <u>Milk (2) & Orange- Pineapple Juice</u> Winter Chicken w/ Citrus & Celery Quinoa Salad WW Bread w/ Promise <u>Orange</u> Pork Tenderloin w/ Honey Mustard Baked Potato w/ Sour Cream Chef's Cut Vegetables Parker House Dinner Roll Brownie Diet: Fresh Fruit</p>	<p>17</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>


Voluntary Contribution \$5.25 per day.

TURN OVER



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 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	**21** <u>**Welcoming Summer**</u> 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> BBQ Chicken Mashed Potatoes w/ Gravy Green beans WW Dinner Roll w/ Promise Apple Pie Diet: Fresh Fruit	22 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	23 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	24 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
27 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	28 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	29 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 Custard	30 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 Chicken Strips w/ Lemongrass Sauce Jasmine Rice Oriental Vegetable Blend WW Dinner Roll w/ Promise SF Cookies	

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 