

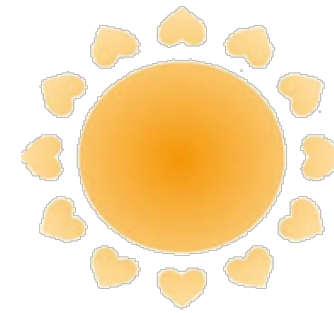
Home Delivered Meals August Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Mexican Chicken Bowl (Diced Chicken, Rice & Corn Together, Beans) Three Beans Salad <u>Fresh Apple</u> Salisbury Steak w/ Country Gravy Sweet Potato Capri Blend Vegetables WW Dinner Roll w/ Promise SF Cake</p>	<p>2</p> <p>Hard Boiled Egg Milk (2) & Orange- Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Salad Israeli Couscous w/ Feta Cheese Carrot Raisins Salad <u>SF Cookie</u> Turkey Breast w/ Apricot Sauce Wild Rice Pilaf Broccoli WW Dinner Roll w/ Promise SF Apple Crisp</p>	<p>3</p> <p>Oatmeal Milk (2) & Orange Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Chicken Curry Salad Lemon Orzo Salad WW Crackers (2) <u>IW Pineapple Tidbits</u> Spinach & Mushroom Quiche Roasted Baby Potatoes Scandinavian Vegetable WW Dinner Roll w/ Promise Ambrosia</p>	<p>4</p> <p>All Bran Milk (2) & Orange- Pineapple Juice <u>Low Fat Yogurt</u> Mediterranean Chickpea Salad w/ Kale & Shredded Chicken Pineapple Coleslaw WW Bread w/ Promise <u>Fresh Orange</u> Turkey Pot Roast w/ Brown Gravy Mashed Potatoes Carrots WW Dinner Roll w/ Promise IW Fruit Mix</p>	<p>5</p> <p>Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Thai Beef Salad Carri fruit Salad <u>SF Pudding</u> Chicken Breast w/ Creole Sauce Fettuccini Mixed Vegetable Blend WW Dinner Roll w/ Promise IW Mandarin Orange</p>
<p>8</p> <p>Oatmeal Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Lemon Quinoa Salad w/ Diced Chicken w/ Lemon Vinaigrette California Salad WW Dinner Roll w/ Promise <u>Fresh Apple</u> Vietnamese Lemongrass Pork Tenderloin W/ lemongrass Sauce Brown Rice Asian Vegetable Blend SF Pudding</p>	<p>9</p> <p>Hardboiled Egg Milk (2) & Orange-Pineapple Juice <u>Low Fat Yogurt</u> Tuscan Tuna & White Bean Salad Carrot Raisin Salad WW Dinner Roll w/ Promise <u>IW Mandarin Orange</u> Chicken Meatballs w/ Mushroom Gravy Mashed Potatoes Mixed Vegetables WW Dinner Roll w/ Promise IW Pineapple Tidbits</p>	<p>10</p> <p>All Bran Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Classic Egg Salad Sandwich Spring Mix Barley & Black Bean Salad WW Bread (2) <u>Fresh Orange</u> Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Canned Apricot</p>	<p>11</p> <p>Mini Bagel Cream Cheese Milk (2) & Orange- Pineapple Juice <u>Low Fat Yogurt</u> Chef's Salad (sliced Turkey, Swiss Cheese, Chopped Egg, Mix Red Pepper & Shredded Carrots) Spring Mix Vinaigrette Dressing Corn Lima Beans & Tomato Salad WW Dinner Roll w/ Promise <u>IW Diced Peaches</u> Taco Casserole Cilantro Lime Rice Green Beans SF Cookie</p>	<p>12</p> <p>Cottage Cheese Milk (2) & Orange Juice <u>Mini Bran Muffin w/ Promise</u> Harvest Salad with Cranberries & Almonds w/ Chicken Strips Garbanzo & Zucchini WW Dinner Roll W/ Promise <u>Ambrosia</u> Baked Tilapia w/ Lemon Herb Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Promise IW Fruit Mix</p>
<p>15</p> <p>Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Couscous/ Parmesan/ Peas/ Carrots/ & Diced Chicken Zucchini & Tomatoes <u>Fresh Orange</u> Breakfast for Dinner Omelet & Salsa (1) Apple Sausage (2) Baked Redskin Potatoes WW Dinner Roll w/ Promise SF Pear Crisp</p>	<p>16</p> <p>Oatmeal Milk (2) & Orange- Pineapple Juice <u>Low Fat Yogurt</u> Pasta w/ Butternut Squash & Feta Cheese Corn, Lima Beans & Tomato WW Bread w/ Promise <u>SF Pudding</u> LS Roast Turkey w/ Turkey Gravy Mashed Potatoes Scandinavian Vegetable Blend WW Dinner Roll w/ Promise Cranberry Sauce IW Pineapple Tidbits</p>	<p>17</p> <p>Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Signature Chicken Salad Coleslaw WW Dinner Roll w/ promise <u>Fresh Apple</u> Beef Enchilada Casserole Corn Broccoli WW Dinner Roll w/ Promise IW Mandarin Orange</p>	<p>18</p> <p>Hardboiled Egg Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Open-face sandwich (Roast Beef, Swiss Cheese, Spring Mix) Potato Salad WW Bread (1) Mayonnaise (1), Mustard (1) <u>IW Fruit Mix</u> Chicken Strips w/ Honey Mustard Sauce Wild Rice Pilaf Peas & Carrots WW Dinner Roll w/ Promise IW Diced Peaches</p>	<p>19</p> <p>All Bran Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Bulgur Salad w/ Chickpeas, Cucumber & Cranberries & Tuna Salad Carri fruit Salad WW Dinner Roll w/ Promise <u>SF Cookie</u> Macaroni & Cheese Stewed Tomatoes Succotash WW Dinner Roll w/ Promise Ambrosia</p>






Voluntary Contribution \$5.25 per day.




August



Home Delivered Meals August Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Multigrain Cheerios Milk (2) & Orange-Pineapple Juice Mini Bran Muffin w/ Promise <u>Low Fat Yogurt</u> Quinoa, Edamame & Succotash Corn Salad Spring Mix Cucumber & Tomato <u>SF Pudding</u> Chicken Breast w/ Polynesian Sauce Brown Rice Oriental Vegetables Blend IW Pineapple Tidbits	23 Cottage Cheese Milk (2) & Tropical Fruit Mix <u>WW Bread w/ Peanut Butter & SF Jelly</u> Provençal Tuna Salad Garbanzo Zucchini WW Dinner Roll w/ Promise <u>Apple</u> Pork Chile w/ Verde Sauce Pinto Beans Mixed Vegetable Blend Tortilla 6" Fresh Orange 	24 All Bran Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Beef Barley w/ Mango Salad Carrot Raisin salad WW Dinner Roll w/ Promise <u>IW Fruit Mix</u> Breaded Baked Fish Tartar Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Promise SF Custard	25 Oatmeal Milk (2) & Orange- Pineapple Juice <u>Mozzarella Cheese Stick (1)</u> Turkey Wrap w/ Hummus (Turkey, Swiss Cheese, Hummus, Spring Mix) Green Pea Salad Tortilla 8" <u>SF Cookie</u> Baked Ziti w/ Cheese Green Beans Scandinavian Vegetable WW Dinner Roll w/ Promise IW Diced Peaches	26 Hardboiled Egg Low Fat Yogurt Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Herbed Farro Salad w/ Walnut, Feta Spinach w/ Chicken Strips Potato Salad <u>Ambrosia</u> Garden Chili w/ Shredded Cheese Carrots Squash Medley Cornbread w/ Promise SF Cake 
29 Oatmeal Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Moroccan Couscous Salad w/ Chicken Strips Broccoli Pepper Salad WW Bread w/ Promise <u>IW Fruit Mix</u> Turkey Pot Roast w/ Brown Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll w/ Promise SF Apple Crisp 	30  Cottage Cheese Milk (2) & Orange- Pineapple Juice <u>WW Bread w/ Peanut Butter & SF Jelly</u> Beef Taco Salad (Pinto Beans, Corn, Shredded Cheese) Spring Mix Beets & Mango Salad Tortilla Strips <u>SF Custard</u> Colorful Vegetable Quiche Redskin Baked Potatoes Squash Medley WW Dinner Roll w/ Promise Fresh Apple	31 Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Heart Healthy Garbanzo Salad Tomato & Zucchini WW Dinner Roll w/ Promise <u>Ambrosia</u> Vietnamese Curry Chicken w/ Curry Sauce Pineapple Brown Rice Collard Greens IW Mandarin Orange		

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 