








Home Delivered Meals September Menu 2022


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Hardboiled Egg Milk (2) & Orange-Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Chinese Chicken Salad (Diced Chicken, Mandarin Orange, Cabbage Green, Almonds w/ Sesame Dressing) Asian Cucumber Salad Mini Blueberry Muffin Promise <u>SF Cookie</u> Beef Stroganoff w/ Stroganoff Sauce Egg Noodles Mixed Vegetables WW Dinner Roll w/ Promise Fresh Orange	All Bran Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Mexican Quinoa Salad Scoop of Egg Salad Barley Mushroom WW Bread w/ Promise <u>SF Pudding</u> Vegetarian Lasagna Mixed Vegetables Carrots Breadstick w/ Promise SF Fruited Gelatin
5	6	7	8	9
"Labor Day Celebration" Pulled Pork w/ BBQ Sauce Boston Baked Beans Broccoli WW Dinner Roll Assorted Cake Diet: Fresh Fruit Labor Day	Multigrain Cheerios Milk (2) & Orange Juice Bran Muffin w/ Promise & Jelly <u>Low Fat Yogurt</u> Mexican Chopped Salad Coleslaw Salad SF Cookie Breaded Fish w/ Savory Braised Tomato Mashed Potatoes Scandinavian Vegetable Blend WW Dinner Roll w/ Promise Diced Peaches	Hardboiled Egg All Bran Cereal <u>Milk (2) & Orange-Pineapple Juice</u> Tuna Salad w/ Yogurt Dressing Black Beans & Corn Salad WW Bread w/ Promise <u>IW Mandarin Orange</u> Turkey Shepherd's Pie Corn Broccoli WW Dinner Roll w/ Promise SF Pear Crisp	Cottage Cheese Milk (2) & Tropical Fruit Mix <u>WW Bread w/ Peanut Butter & SF Jelly</u> Sub Sandwich (Ham, Turkey, Swiss Cheese) Spring Mix Tomato & Onion WW Bread (2) Mayonnaise (1), Mustard (1) <u>SF Fruited Gelatin</u> Baked Drumsticks Redskin Baked Potatoes California Vegetable Blend Fresh Apple	Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Cilantro Chicken Salad Beets & Orange Salad WW Dinner Roll w/ Promise <u>IW Pineapple Tidbits</u> Cheese Ravioli w/ Alfredo Sauce Carrots Mixed Vegetables Breadstick Promise Fresh Orange
12	13	14	**15**	16
Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Mexican Chicken Bowl (Diced Chicken, Rice, Corn & Beans Together) Three Beans Salad <u>Fresh Apple</u> Salisbury Steak w/ Country Gravy Sweet Potato Capri Blend Vegetables WW Dinner Roll w/ Promise SF Cake	Hard Boiled Egg Milk (2) & Orange- Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Israeli Couscous Salad w/ Feta Cheese Carrot Raisins Salad SF Cookie Turkey Breast w/ Apricot Sauce Wild Rice Pilaf Broccoli WW Dinner Roll w/ Promise SF Apple Crisp	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	"The Country HoeDown Celebration" All Bran Milk (2) & Orange- Pineapple Juice <u>Low Fat Yogurt</u> Mediterranean Chickpea Salad & Shredded Chicken Pineapple Coleslaw Salad WW Bread w/ Promise <u>Fresh Orange</u> Chili Dog On WW Bun Baked Redskin Potatoes Mixed Vegetables IW Pineapple Tidbits	Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Thai Beef Salad Carrifruit Salad <u>SF Pudding</u> Chicken Breast w/ Creole Sauce Fettuccini Mixed Vegetables WW Dinner Roll w/ Promise IW Mandarin Orange

Voluntary Contribution \$5.25 per day.



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19 Oatmeal Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Lemon Quinoa Salad w/ Vinaigrette & Diced Chicken 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	20 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 	21 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	**22** **First Day of Autumn Celebration** Mini Bagel w/ 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> Beef Stew Yellow Squash & Cauliflower Cornbread Muffin w/Promise Brownie Diet: Fresh Fruit 	23 Cottage Cheese Milk (2) & Orange Juice <u>Mini Bran Muffin w/ Promise</u> Harvest Salad w/ Cranberries & Almonds w/ Chicken Strips Garbanzo & Zucchini Salad 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
26  Cottage Cheese Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Couscous/ Parmesan/ Peas/ Carrots Salad & Diced Chicken Zucchini & Tomatoes Salad <u>Fresh Orange</u> Breakfast for Dinner Omelet & Salsa (1) Apple Sausage (2) Baked Redskin Potatoes WW Dinner Roll w/ Promise SF Pear Crisp 	27 Oatmeal Milk (2) & Orange- Pineapple Juice <u>Low Fat Yogurt</u> Pasta w/ Butternut Squash & Feta Cheese Salad Corn, Lima Beans & Tomato Salad 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	28 Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Signature Chicken Salad Coleslaw Salad WW Dinner Roll w/ promise <u>Fresh Apple</u> Beef Enchilada Casserole Corn Broccoli WW Dinner Roll w/ Promise IW Mandarin Orange	29 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 	30 All Bran Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Bulgur Salad w/ Chickpeas, Cucumber & Cranberries & Tuna Salad Carrifruit Salad WW Dinner Roll w/ Promise <u>SF Cookie</u> Macaroni & Cheese Stewed Tomatoes Succotash WW Dinner Roll w/ Promise Ambrosia

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 