



Home Delivered Meals October Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**3**</p> <p>"Oktoberfest Celebration"</p> <p>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 Chocolate Cake Diet: Fresh Fruit</p> 	<p>4</p> <p>Cottage Cheese Milk (2) & Tropical Fruit Mix <u>WW Bread w/ Peanut Butter & SF Jelly</u> Provencal 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</p> 	<p>5</p> <p>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</p> 	<p>6</p> <p>Oatmeal Milk (2) & Orange- Pineapple Juice <u>Mozzarella Cheese Stick (1)</u> Chicken Strips Wrap w/ Hummus (Chicken Strips, 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</p> 	<p>7</p> <p>Hardboiled Egg Low Fat Yogurt Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Herbed Farro Salad w/ Walnut, Feta, Cucumber & Chicken Strips Potato Salad <u>Ambrosia</u> Garden Chili w/ Shredded Cheese Carrots Squash Medley Cornbread w/ Promise SF Cake</p>
<p>10</p> <p>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</p> 	<p>11</p> <p>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</p> 	<p>12</p> <p>Mini Bagel Cream Cheese Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Heart Healthy Garbanzo Salad Tomato & Zucchini Salad WW Dinner Roll w/ Promise <u>Ambrosia</u> Vietnamese Curry Chicken w/ Curry Sauce Pineapple Brown Rice Collard Greens IW Mandarin Orange</p> 	<p>13</p> <p>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</p> 	<p>14</p> <p>All Bran Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> <u>Low Fat Yogurt</u> Mexican Quinoa Salad Scoop of Egg Salad Barley Mushroom WW Bread w/ Promise <u>SF Pudding</u> Vegetarian Lasagna Winter Vegetable Blend Carrots Breadstick w/ Promise SF Fruited Gelatin</p>
<p>17</p> <p>Oatmeal Milk (2) & Orange- Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Balsamic Chicken Pasta Cucumber & Black-Eye Peas Salad <u>Ambrosia</u> Pork Tenderloin w/ Chipotle & Mango Brown Rice Oriental Vegetable Blend WW Dinner Roll w/ Promise SF Custard</p> 	<p>18</p> <p>Multigrain Cheerios Milk (2) & Orange Juice Bran Muffin w/ Promise & Jelly <u>Low Fat Yogurt</u> Mexican Chopped Salad Coleslaw Salad <u>SF Cookie</u> Breaded Fish w/ Savory Braised Tomato Mashed Potatoes Scandinavian Vegetable Blend WW Dinner Roll w/ Promise Diced Peaches</p>	<p>19</p> <p>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</p>	<p>20</p> <p>Cottage Cheese Milk (2) & Tropical Fruit Mix <u>WW Bread w/ Peanut Butter & SF Jelly</u> Sub Sandwich (Ham, Roast Beef, 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</p> 	<p>21</p> <p>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 Winter Blend Vegetable Breadstick Promise Fresh Orange</p>

Voluntary Contribution \$5.25 per day.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 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	25 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 <u>SF Cookie</u> Pork Tenderloin w/ Apricot Sauce Wild Rice Pilaf Broccoli WW Dinner Roll w/ Promise SF Apple Crisp	26 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	27 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> Turkey Pot Roast w/ Brown Gravy Mashed Potatoes Carrots WW Dinner Roll w/ Promise IW Fruit Mix	28 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 Vegetable WW Dinner Roll w/ Promise IW Mandarin Orange
31 " Halloween Celebration " Oatmeal Milk (2) & Orange Juice <u>WW Bread w/ Promise & SF Jelly</u> Lemon Quinoa Salad w/ Lemon Vinaigrette & Diced Chicken California Salad WW Dinner Roll w/ Promise <u>Fresh Apple</u> Bewitched Beef Stew Haunting Red Skin Potatoes Ghostly Capri Vegetable Blend Creepy Crawling Cornbread BOO-licious Pistachio Pudding Diet: Fresh Fruit				

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