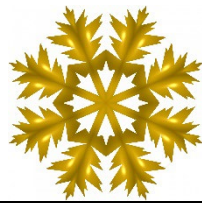


Happy  
New Year



Home Delivered Meals January Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>** Holiday Closure **</b></p> <p>Pork Tenderloin w/ Honey Mustard Sauce Sweet Potatoes Collard Greens WW Dinner Roll w/ Promise SF Cookies</p> 	<p>3</p> <p>Oatmeal Milk (2) &amp; Orange- Pineapple Juice <u>Low Fat Yogurt, Raisins</u> Cranberry Tuna Salad on Spring Mix Salad Lemony Lentil Salad WW Bread w/ Promise <u>SF Cake</u> Braised Cubed Beef w/ Stroganoff Sauce Mashed Potatoes Chef's Veg. Blend WW Dinner Roll w/ Promise IW Pineapple Tidbits</p>	<p>4</p> <p>Cottage Cheese Milk (2) &amp; Tropical Fruit Mix WW Bread <u>Peanut Butter &amp; SF Jelly</u> Hamburger Patty Potato Salad Spring Mix Hamburger Bun Mayonnaise &amp; Mustard <u>Mandarin Orange</u> Chicken Breast Strips w/ Citrus Glazed Sauce Jasmine Rice Asian Veg. Blend Crackers SF Pudding</p>	<p>5</p> <p>Multigrain Cheerios Milk (2) &amp; Orange- Pineapple Juice <u>Low Fat Yogurt</u> Heart Healthy Garbanzo Bean Salad w/ Feta Cheese Marinated Vegetable Salad WW Bread w/Promise <u>SF Fruit Gelatin</u> Turkey Pot Roast w/ Turkey Gravy Polenta Carrots WW Dinner Roll w/ Promise Fresh Apple</p>	<p>6</p> <p>Mini Bagel Milk (2) &amp; Fresh Orange String Cheese <u>Cream Cheese</u> Chicken Salad w/ Yogurt Dressing Spring Mix Chopped Salad w/ Couscous WW Dinner Roll w/ Promise <u>SF Custard</u> Baked Fish Breaded w/ Tartar Sauce Quinoa Pilaf Cauliflower w/ Broccoli WW Bread w/ Promise Fruit Mix</p>
<p>9</p> <p>Cottage Cheese Milk (2) &amp; Orange- Pineapple Juice <u>WW Bread w/ Promise SF Jelly</u> Chicken Tinga Tacos Black Bean &amp; Corn Salad Cilantro Lime Slaw Tortilla Sour Cream <u>IW Fruit Mix</u> Cheese Tortellini w/ Marinara Sauce Green Beans Capri Vegetables Blend WW Dinner Roll w/ Promise SF Cake</p>	<p>10</p> <p>All Bran Milk (2) &amp; Orange Juice <u>Low Fat Yogurt</u> Greek Salad w/ Garbanzo Beans &amp; Feta Cheese Rainbow Quinoa Salad (Quinoa, Corn, Cucumber &amp; Red Peppers) Balsamic dressing WW Dinner Roll w/ Promise <u>Ambrosia</u> Ground Turkey Shepherd's Pie Pea &amp; Carrots Broccoli WW Dinner Roll w/ Promise Fresh Apple</p>	<p>11</p> <p>WG Waffle w/ Promise SF Syrup Milk (2) &amp; Orange Juice <u>Low Fat Yogurt</u> Chef's Salad (Turkey, Egg, Shredded Swiss Cheese, Mixed Bell Peppers) Spring Mix Macaroni Salad WW Dinner Roll w/ Promise Italian dressing <u>SF Fruit Gelatin</u> Pork Chile Verde Pinto Beans Carrots Tortilla Pineapple Tidbits</p>	<p>12</p> <p>Hard Boiled Egg Milk (2) &amp; Orange- Pineapple Juice WW Bread w/ Promise <u>SF Jelly</u> Farro Salad w/ Walnut Feta Cheese &amp; Cucumber Salad Black Bean Lentil Salad WW Bread w/ Promise <u>SF Custard</u> Chicken Strips w/ Lemongrass Sauce Jasmine Rice Oriental Veg. Blend WW Dinner Roll w/ Promise Mandarin Orange</p>	<p>13</p> <p>Oatmeal Milk (2) &amp; Orange Juice Blueberry Muffin w/ Promise Raisins <u>Low Fat Yogurt</u> Creamy Pesto Chicken Salad Dressing Lemony Orzo Pasta Cucumber &amp; Tomato Salad <u>IW Peach Cup</u> Salisbury Steak w/ Mushroom Brown Gravy Mashed Potatoes Mixed Vegetable WW Dinner Roll w/ Promise SF Cookie</p>
<p><b>**16**</b></p> <p><b>** Martin Luther King Jr Day **</b></p> <p>BBQ Rib Patty w/ BBQ sauce Mashed Potatoes Collard Greens Parkerhouse Roll w/ Promise Assorted Pie Diet: Fresh Fruit</p> 	<p>17</p> <p>Cottage Cheese Milk (2) &amp; Fruit Cocktail WW Bread <u>Peanut Butter &amp; SF Jelly</u> Pasta w/ Butternut Squash &amp; Feta Cheese Quinoa Chickpea w/ Hummus Dressing Salad WW Dinner Roll w/ Promise <u>Mandarin Orange</u> Chicken Breast w/ Sweet &amp; Sour Sauce Jasmine Rice Spinach WW Dinner roll w/ Promise SF Cookie</p>	<p>18</p> <p>Mini Bagel Milk (2) &amp; Orange Juice Low Fat Yogurt <u>Cream Cheese</u> Greek Salad w/ Edamame &amp; Shredded Chicken Carrot Raisin Salad WW Dinner Roll w/ Promise <u>SF Pudding</u> Beef Tips w/ Mushroom Gravy Baby Roasted Potatoes Mixed Vegetables WW Dinner Roll w/ Promise Pineapple Tidbits</p>	<p>19</p> <p>Hardboiled Egg Milk (2) &amp; Orange Juice WW Bread w/ Promise Low Fat Yogurt <u>SF Jelly</u> Vietnamese Chicken Salad Asian Marinated Cucumber Salad Broccoli Pepper Salad <u>Diet Apple Crisp</u> Pork Tenderloin w/ Honey Garlic Sauce Brown Rice Carrots WW Dinner Roll w/ Promise Mandarin Orange</p>	<p>20</p> <p>Oatmeal Milk (2) &amp; Orange- Pineapple Juice WW Bread Raisins <u>Promise &amp; SF Jelly</u> Mexican Tuna Salad Barley &amp; Mango Salad Crackers <u>IW Pear Cup</u> LS Roasted Turkey Breast w/ Turkey Gravy Mashed Potatoes Zucchini Medley WW Dinner Roll w/ Promise Ambrosia</p>

Voluntary Contribution \$5.25 per day.

www.MealsOnWheelsOC.org

TURN OVER





## Home Delivered Meals January Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>** 23 **</b> <b>** Lunar New Year Celebration **</b> All Bran Cereal Milk (2) & Orange- Pineapple Juice WW Bread w/ Promise SF Jelly <u>Low Fat Yogurt</u> Chicken Fiesta Salad Spring Mix Mexican Corn & Zucchini Salad Crackers w/ Promise <u>SF Custard</u> Pork Tenderloin w/ Sweet & Sour Sauce Egg Roll Chow Mein Noodles Oriental Vegetables SF Mandarin Orange Gelatin Fortune Cookie	<b>24</b> Cottage Cheese Milk (2) & Orange Juice Multigrain Cheerios <u>Peanut Butter &amp; SF Jelly</u> Provencal Tuna Salad Barley Salad w/ Corn & Mango WW Bread w/ Promise <u>Mandarin Orange</u> Chicken Breast w/ Marsala Sauce Brown Rice Peas & Carrots SF Cookie	<b>25</b> Hardboiled Egg Milk (2) & Orange Juice WW Bread w/ Promise SF Jelly <u>Low Fat Yogurt</u> Mediterranean Quinoa Salad w/ Cheese & Balsamic Dressing Chicken Strips Three Sisters Salad Crackers <u>Fresh Orange</u> Spinach Mushroom Quiche Sweet Potatoes Winter Blend Veg. WW Dinner Roll w/ Promise Ambrosia	<b>26</b> Oatmeal Milk (2) & Orange Juice WW Bread w/ Promise SF Jelly <u>Low Fat Yogurt</u> Thai Beef Salad (Sliced Beef, Cabbage, Spring Mix & Asian Dressing) Confetti Rice <u>IW Fruit Mix</u> Chicken Tender Baked Beans Zucchini Medley WW Dinner Roll w/ Promise Ketchup IW Peach Cup	<b>27</b> WG Waffles w/ Promise Milk (2) & Orange- Pineapple Juice String Cheese <u>SF Syrup</u> Classic Egg Salad Greek Salad w/ Edamame WW Dinner Roll w/ Promise <u>SF Fruited Gelatin</u> Barbacoa Beef Bowl Pico del Gallo Mexican Rice Broccoli Tortilla Pineapple Tidbits
<b>30</b> Cottage cheese Milk (2) & Orange Juice WW Bread <u>w/ Promise SF Jelly</u> LS Turkey Breast w/ Hummus Bean & Corn Salad Pita Bread Tomato & Cucumber <u>Fresh Apple</u> Baked White Fish w/ Newburg Sauce Quinoa Pilaf Mixed Vegetables WW Dinner Roll w/ Promise Mandarin Orange	<b>31</b> Hard Boiled Egg Milk (2) & Orange- Pineapple Juice WW Bread Low Fat Yogurt <u>Peanut Butter &amp; SF Jelly</u> Signature Chicken Salad Carrifruit Salad WW Bread w/ Promise <u>Pineapple Tidbits</u> Pork Carnitas Spanish Rice Winter Blend Veg. Corn Tortilla Salsa IW Peach Cup			

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.

