




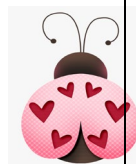





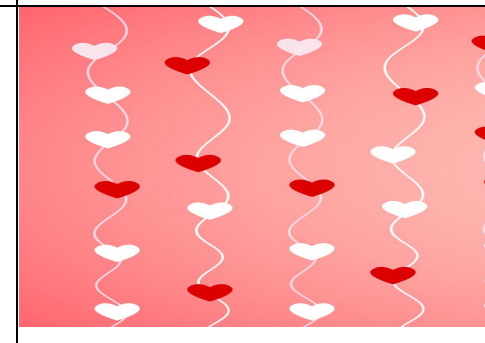
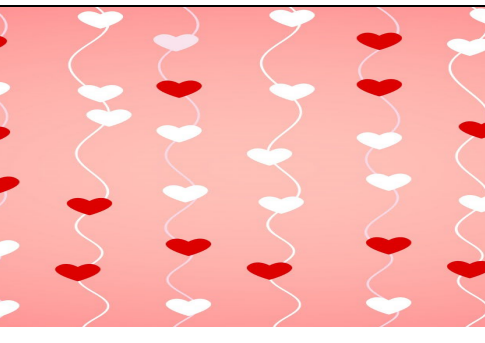
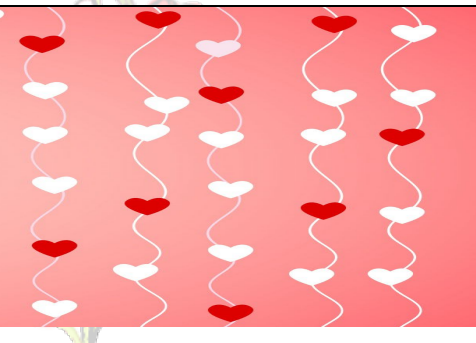
Home Delivered Meals February Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Happy Valentine's Day</i></p>		<p>1</p> <p>Whole Grain Waffle Milk (2) & Orange Juice Low Fat Yogurt <u>Promise/ SF Syrup</u> Hamburger w/ Bun Coleslaw Tomato & Red Onion Mayonnaise & Mustard <u>SF Apple Crisp</u> Chicken Breast W/ Huli Huli Pineapple Sauce Brown Rice Japanese Vegetables Fruit Mix</p>	<p>2</p> <p>Oatmeal Milk (2) & Orange Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Tuscan Tuna & White Bean Salad Broccoli & Pepper Keebler Crackers (2) <u>SF Cookie</u> Vegetarian Lasagna Italian Vegetable Blend Peas & Carrots WW Bread w/ Promise Fresh Orange</p>	<p>3</p> <p>All Bran Milk (2) & Orange Juice <u>Low Fat Yogurt</u> Cobb Salad w/ Ranch Dressing Greek Salad w/ Edamame WW Dinner Roll <u>SF Fruited Gelatin</u> Ground Turkey White Bean Chili Mashed Potatoes Green Beans WW Dinner Roll w/ Promise SF Cake</p>
<p>6</p> <p>All Bran Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Quinoa w/ Corn, Mango, Tomatoes, & Shredded Chicken Broccoli & Pepper WW Dinner Roll w/ Promise <u>Fruit Mix</u> Baked Meatloaf w/ Savory Tomato Gravy Mashed Potatoes Italian Vegetable Blend SF Pear Crisp</p>	<p>7</p> <p>Hard Boiled Egg Milk (2) & Orange Pineapple Juice <u>Oatmeal & Raisins</u> Crab & Veggie w/ Dressing Rainbow Pasta Salad WW Bread w/ Promise <u>IW Pear Cups</u> Turkey Enchilada Casserole Oregano Bean Medley Broccoli WW Bread w/ Promise SF Cookie</p>	<p>8</p> <p>WG Waffles Milk (2) & Orange Juice Low Fat Yogurt <u>Promise & SF Syrup</u> Black Bean Lentil Salad w/ Cumin-lime Dressing & Tuna Salad Spring Mix WW Dinner Roll w/ Promise & SF Syrup <u>SF Pudding</u> Chicken Meatballs w/ Cacciatore Sauce Fettuccini Pasta Peas & Carrots WW Dinner Roll w/ Promise Pineapple Tidbits</p>	<p>9</p> <p>Multigrain Cheerios Milk (2) & Orange Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Curry Chicken Couscous w/ Parmesan & Pea Keebler Crackers <u>SF Cake</u> Ricotta Peas & Broccoli Sweet Potatoes Succotash WW Dinner Roll w/ Promise Mandarin Orange</p>	<p>10</p> <p>Oatmeal Milk (2) & Orange Juice WW Bread w/ Promise & SF Jelly <u>String Cheese</u> Shredded Pork Taco w/ Pinto Beans & Corn Fiesta Corn & Bell Pepper Salad Tortilla <u>SF Fruited Gelatin</u> Beef Stew w/ Vegetables & Sauce Baby Whole Potatoes Keebler Crackers Promise IW Peach Cup</p>
<p>13</p> <p>Hardboiled Egg Milk (2) & Orange Juice <u>All Bran</u> Pecan Chicken Salad Barely & Black Bean Salad California Salad WW Dinner Roll w/ Promise <u>Ambrosia</u> Pork Tenderloin w/ Honey Mustard Sauce Sweet Potatoes Collard Greens WW Dinner Roll w/ Promise SF Cookie</p>	<p style="text-align: center;">**14**</p> <p style="text-align: center;">**Valentine's Day Celebration**</p> <p>Oatmeal Milk (2) & Orange-Pineapple Juice <u>Low Fat Yogurt & Raisins</u> Cranberry Tuna Salad on Spring Mix Salad Lime Lentil Salad WW Bread w/ Promise <u>SF Cake</u> Stuffed Cabbage Mashed Potatoes Chef's Cut Vegetable Blend WW Dinner Roll w/ Promise IW Assorted Cake Diet: Fresh Fruit</p>	<p>15</p> <p>Cottage Cheese Milk (2) & Fruit Mix Juice <u>WW Bread w/ Peanut Butter & Jelly</u> Hamburger Patty w/ Bun Potato Salad Spring Mix Mayonnaise & Mustard <u>Mandarin Orange</u> Chicken Breast Strips w/ Citrus Glazed Sauce Jasmine Rice Japanese Vegetable Blend Keebler Crackers SF Pudding</p>	<p>16</p> <p>Multigrain Cheerios Milk (2) & 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 Fruited Gelatin</u> Turkey Pot Roast w/ Turkey Gravy Polenta (Corn Meal) Sliced Carrots WW Dinner Roll w/ Promise Fresh Apple</p>	<p>17</p> <p>Mini Bagel Milk (2) & Fresh Orange String Cheese Cream Cheese Chicken Salad w/ Yogurt Dressing Spring Mix Chopped Salad & Cous Cous WW Dinner Roll w/ Promise <u>SF Custard</u> Baked Fish Breaded w/ Tartar Sauce Quinoa Pilaf Cauliflower & Broccoli WW Bread w/ Promise IW Fruit Mix</p>

Voluntary Contribution \$5.25 per day.



Home Delivered Meals February Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 **President Day Celebration** Roast Beef w/ Mushroom Gravy Baked Potato w/ Sour Cream WW Dinner Roll w/ Promise IW Cake Diet: Tropical Fruit Mix 	21 All Bran Milk (2) & Fresh Orange Juice <u>Low Fat Yogurt</u> Greek Salad w/ (Garbanzo Beans & Feta Cheese) Rainbow Quinoa Salad WW Dinner Roll w/ Promise <u>Ambrosia</u> Turkey Shepard's Pie Peas & Carrots Broccoli WW Dinner Roll w/ Promise Fresh Apple 	22 WG Waffle Milk (2) & Fresh Orange Juice Low Fat Yogurt <u>Promise/ SF Syrup</u> Chef's Salad w/ (Turkey, Egg, Shredded Swiss Cheese, Mixed Bell Peppers) Spring Mix Macaroni Salad WW Dinner Roll w/ Promise Italian Dressing <u>SF Fruited Gelatin</u> Pork Chile w/ Verde Sauce Pinto Beans Carrots Corn Tortillas Pineapple Tidbits 	23 Hard Boiled Egg Milk (2) & Orange Pineapple Juice <u>WW Bread w/ Promise & SF Jelly</u> Farro Salad w/ (Walnut, Feta Cheese, & 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 	24 Oatmeal Milk (2) & Fresh Orange Juice Mini Blueberry Muffin Low Fat Yogurt <u>Raisins & Promise</u> Creamy Pesto Chicken Salad Lemon Orzo Pasta Cucumber & Tomato Salad <u>IW Peach Cup</u> Salisbury Steak w/ Mushroom Brown Gravy Mashed Potatoes Mixed Vegetables WW Dinner Roll SF Cookie 
27 WG Waffle Milk (2) & Orange Pineapple Juice Low Fat Yogurt <u>Promise & SF Syrup</u> Winter Chicken Salad w/ Citrus & Celery Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/ Promise <u>Fresh Apple</u> Baked Tilapia w/ Savory Tomato Braised Green Peas WW Dinner Roll w/ Promise Fig Bar 	28 Cottage Cheese Milk (2) & Fruit Cocktail <u>WW Bread w/ Peanut Butter & SF Jelly</u> Pasta & Butternut Squash w/ Feta Cheese Quinoa Chickpea w/ Hummus Dressing Salad WW Dinner Roll w/ Promise <u>Mandarin Orange</u> Chicken Breast w/ Sweet & Sour Sauce Jasmine Rice Spinach WW Dinner Roll w/ Promise SF Cookie 			

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.