

# March

## Home Delivered Meals March Menu 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>6</b></p>	 <p><b>7</b></p>	<p><b>1</b></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><b>2</b></p> <p>Hardboiled Egg Milk (2) &amp; Orange Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</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><b>3</b></p> <p>Oatmeal Milk (2) &amp; Orange- Pineapple Juice WW Bread w/ Promise &amp; SF Jelly <u>Raisins</u> Mexican Tuna Salad Barley &amp; Mango Salad Crackers (2) <u>IW Pear Cup</u> LS Roasted Turkey Breast w/ Turkey Gravy Mashed Potatoes Zucchini Medley WW Dinner Roll w/ Promise Ambrosia</p>
<p><b>6</b></p> <p>All Bran Milk (2) &amp; Orange-Pineapple Juice WW Bread w/Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Chicken Fiest Salad Spring Mix Mexican Corn Zucchini Salad Crackers (2) w/Promise <u>SF Custard</u> Crumbled Beef w/ Bolognese Sauce Penne Pasta Succotash WW Dinner Roll w/Promise Fresh Apple</p>	<p><b>7</b></p> <p>Cottage Cheese Milk (2) &amp; Orange Juice Multigrain Cheerios <u>Peanut Butter &amp; SF Jelly</u> Provencal Tuna Salad Barley Salad w/ Corn &amp; Mango WW Bread w/ Promise <u>Mandarin Orange</u> Chicken Breast w/ Marsala Sauce Brown Rice Peas &amp; Carrots SF Cookie</p> 	<p><b>**8**</b></p> <p><b>"National Nutrition Celebration"</b></p> <p>Hardboiled Egg Milk (2) &amp; Orange Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Mediterranean Quinoa Salad w/ Cheese &amp; Balsamic Dressing Chicken Strips Three Sisters Salad Crackers (2) <u>Fresh Orange</u> Baked Salmon w/ Mango Salsa Rice Pilaf Oriental Veg. Blend BYO: Yogurt Parfait (Low-fat Yogurt, Mixed Fruit &amp; Honey Graham Crackers)</p>	<p><b>9</b></p> <p>Oatmeal Milk (2) &amp; Orange Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Thai Beef Salad (Sliced Beef, Cabbage, Spring Mix &amp; Asian Dressing) Confetti Rice <u>IW Fruit Mix</u> Chicken Tender Baked Beans Zucchini Medley WW Dinner Roll w/ Promise Ketchup IW Peach Cup</p> 	<p><b>10</b></p> <p>WG Waffles w/ Promise &amp; SF Syrup Milk (2) &amp; Orange- Pineapple Juice <u>String Cheese</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</p>
<p><b>13</b></p> <p>Cottage Cheese Milk (2) &amp; Orange Juice WW Bread <u>w/ Promise SF Jelly</u> LS Turkey Breast w/ Hummus Bean &amp; Corn Salad Pita Bread Tomato &amp; Cucumber <u>Fresh Apple</u> Baked White Fish w/ Newburg Sauce Quinoa Pilaf Mixed Vegetables WW Dinner Roll w/ Promise Mandarin Orange</p> 	<p><b>14</b></p> <p>Hard Boiled Egg Milk (2) &amp; Orange- Pineapple Juice WW Bread Peanut Butter &amp; SF Jelly <u>Low Fat Yogurt</u> Signature Chicken Salad Carrifruit Salad WW Bread w/ Promise <u>Pineapple Tidbits</u> Pork Carnitas w/ Salsa Spanish Rice Winter Blend Veg. Corn Tortilla IW Peach Cup</p> 	<p><b>15</b></p> <p>Whole Grain Waffle Milk (2) &amp; Orange Juice Promise/SF Syrup <u>Low Fat Yogurt</u> Hamburger w/ Bun Coleslaw Tomato &amp; Red Onion Mayonnaise &amp; Mustard <u>SF Apple Crisp</u> Chicken Breast W/ Huli Huli Pineapple Sauce Brown Rice Japanese Vegetables Fruit Mix</p>	<p><b>16</b></p> <p>Oatmeal Milk (2) &amp; Orange Pineapple Juice WW Bread w/ Promise &amp; SF Jelly <u>Low Fat Yogurt</u> Tuscan Tuna &amp; White Bean Salad Broccoli &amp; Pepper Crackers (2) <u>SF Cookie</u> Vegetarian Lasagna Italian Vegetable Blend Peas &amp; Carrots WW Bread w/ Promise Fresh Orange</p> 	<p><b>**17**</b></p> <p><b>"St Patrick Day Celebration"</b></p> <p>All Bran Milk (2) &amp; Orange Juice <u>Low Fat Yogurt</u> CobbSalad w/ Ranch Dressing Greek Salad w/ Edamame WW Dinner Roll <u>SF Custard</u> Corned Beef &amp; Cabbage Whole Baby Potatoes Carrots WW Dinner Roll w/ Promise SF Pistachio Pudding</p> 


Voluntary Contribution \$5.25 per day.





## Home Delivered Meals March Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b> 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	<b>21</b> Hard Boiled Egg Milk (2) & Orange Pineapple Juice <u>Oatmeal &amp; 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  <i>welcome spring</i>	<b>22</b> WG Waffles w/ Promise & SF Syrup Milk (2) & Orange Juice <u>Low Fat Yogurt</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	<b>23</b> Multigrain Cheerios Milk (2) & Orange Pineapple Juice WW Bread w/ Promise & SF Jelly <u>Low Fat Yogurt</u> Curry Chicken Couscous w/ Parmesan & Pea Crackers (1) <u>SF Cake</u> Ricotta Peas & Broccoli Sweet Potatoes Succotash WW Dinner Roll w/ Promise Mandarin Orange	<b>24</b> 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 Crackers (1) Promise IW Peach Cup
<b>27</b> Hardboiled Egg Milk (2) & Orange Juice All Bran 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	<b>28</b> Oatmeal & Raisins Milk (2) & Orange- Pineapple Juice <u>Low Fat Yogurt</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	<b>29</b> Cottage Cheese Milk (2) & Tropical Fruit Mix WW Bread <u>Peanut Butter &amp; SF Jelly</u> Hamburger Patty Potato Salad Spring Mix Hamburger Bun Mayonnaise & Mustard <u>Mandarin Orange</u> Chicken Breast Strips w/ Citrus Glazed Sauce Jasmine Rice Asian Veg. Blend Crackers (2) SF Pudding	<b>30</b> 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 Fruit Gelatin</u> Turkey Pot Roast w/ Turkey Gravy Polenta Carrots WW Dinner Roll w/ Promise Fresh Apple	<b>31</b> Mini Bagel & Cream Cheese Milk (2) & Fresh Orange <u>String Cheese</u> 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

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 