





# May



## Home Delivered Meals May Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>All Bran WW Bread w/Smart Balance &amp; SF Jelly Low Fat Yogurt Orange Juice <u>Milk</u> Quinoa w/ Corn, Mango, Tomatoes, &amp; Shredded Chicken Broccoli &amp; Peppers Salad WW Dinner Roll w/Smart Balance IW Fruit Mix <u>Milk</u> Baked Meatloaf w/ Savory Tomato Gravy Italian Vegetable Blend &amp; Sauce Mashed Potatoes SF Pear Crisp</p>	<p><b>2</b></p> <p>Hard Boiled Egg Oatmeal w/ Raisins Orange Pineapple Juice <u>Milk</u> Crab &amp; Veggie Salad w/ Dressing Rainbow Pasta Salad WW Bread w/Smart Balance IW Pear Cups <u>Milk</u> Turkey Enchilada Casserole Oregon Bean Medley Broccoli WW Bread w/Smart Balance SF Cookie</p>	<p><b>3</b></p> <p>WG Waffles w/Smart Balance &amp; SF Syrup Low Fat Yogurt Orange Juice <u>Milk</u> Shredded Pork Taco w/ Pinto Beans, Corn &amp; Shredded Cheese Fiesta Corn &amp; Bell Pepper Salad Tortillas (2) SF Fruited Gelatin <u>Milk</u> Chicken Meatballs w/ Cacciatore Sauce Fettuccini Pasta Peas &amp; Carrots WW Dinner Roll w/Smart Balance IW Pineapple Tidbits</p>	<p><b>4</b></p> <p>Multigrain Cheerios WW Bread w/Smart Balance &amp; SF Jelly Low Fat Yogurt Orange Pineapple Juice <u>Milk</u> Curry Chicken Couscous w/ Parmesan &amp; Peas Keebler Crackers (1) SF Cake <u>Milk</u> Ricotta Peas &amp; Broccoli Sweet Potatoes Succotash WW Dinner Roll w/Smart Balance Mandarin Orange</p> 	<p><b>5</b></p> <p><b>**Cinco De Mayo**</b> Oatmeal WW Bread w/Smart Balance SF Jelly &amp; String Cheese Orange Juice <u>Milk</u> Black Bean Lentil Salad w/ Cumin-lime Dressing &amp; Tuna Salad Spring Mix WW Dinner Roll w/Smart Balance SF Pudding <u>Milk</u> Carnitas Tacos w/ Pico De Gallo Spanish Rice &amp; Black Beans Tortillas (2) Rice Pudding Diet: Fresh Fruit</p> 
<p><b>8</b></p> <p>Hardboiled Egg All Bran Orange Juice <u>Milk</u> Pecan Chicken Salad Barely &amp; Black Bean Salad California Salad WW Dinner Roll w/Smart Balance SF Ambrosia <u>Milk</u> Pork Tenderloin w/ Honey Mustard Sauce Sweet Potatoes &amp; Collard Greens WW Dinner Roll w/Smart Balance SF Cookie</p>	<p><b>9</b></p> <p>Oatmeal &amp; Raisins Low Fat Yogurt Orange- Pineapple Juice <u>Milk</u> Cranberry Tuna Salad on Spring Mix Lemony Lentil Salad WW Bread w/Smart Balance SF Cake <u>Milk</u> Braised Cubed Beef w/Stroganoff Sauce Mashed Potatoes Chef's Vegetable Blend WW Dinner Roll w/Smart Balance IW Pineapple Tidbits</p>	<p><b>10</b></p> <p>Cottage Cheese Fruit Mix &amp; SF Jelly WW Bread &amp; Peanut Butter <u>Milk</u> Hamburger Patty Potato Salad &amp; Spring Mix Hamburger Bun &amp; Mayonnaise &amp; Mustard Mandarin Orange <u>Milk</u> Chicken Breast Strips w/Citrus Glazed Jasmine Rice &amp; Sauce Oriental Vegetable Blend Keebler Crackers (2) SF Pudding</p>	<p><b>11</b></p> <p>Multigrain Cheerios Low Fat Yogurt Orange- Pineapple Juice <u>Milk</u> Chicken Salad w/ Yogurt Dressing Spring Mix Chopped Salad &amp; Cous Cous WW Dinner Roll w/Smart Balance SF Custard <u>Milk</u> Turkey Pot Roast w/ Turkey Gravy Polenta (Cornmeal) Sliced Carrots WW Dinner Roll w/Smart Balance Fresh Apple</p> 	<p><b>12</b></p> <p><b>**Mother's Day**</b> Mini Bagel w/ Cream Cheese LF Mozzarella Cheese Fresh Orange <u>Milk</u> Heart Healthy Garbanzo Bean Salad w/ Feta Cheese Marinated Vegetable Salad WW Bread w/Smart Balance SF Fruited Gelatin <u>Milk</u> Chicken Cordon Bleu Rice Pilaf &amp; Chef's Cut Vegetables WW Dinner Roll w/Smart Balance Assorted Cake &amp; Diet: Fresh Fruit</p>
<p><b>15</b></p> <p>Cottage Cheese WW Bread w/Smart Balance &amp; SF Jelly Orange-Pineapple Juice <u>Milk</u> Pasta w/Butternut Squash &amp; Feta Cheese Lemon Quinoa Salad Corn, Lima Beans, &amp; Tomatoes IW Fruit Mix <u>Milk</u> Chicken Tinga Tacos Oregon Bean Medley Cilantro Lime Rice &amp; Tortilla Sour Cream SF Cake</p> 	<p><b>16</b></p> <p>All Bran Low Fat Yogurt Orange Juice <u>Milk</u> Greek Salad w/Garbanzo Beans &amp; Feta Cheese Rainbow Quinoa Salad w/ Balsamic Dressing (Quinoa, Corn, Cucumber &amp; Red Peppers) WW Dinner Roll w/Smart Balance SF Ambrosia <u>Milk</u> Ground Turkey Shepherd's Pie Peas &amp; Carrots Broccoli WW Dinner Roll w/Smart Balance Fresh Apple</p>	<p><b>17</b></p> <p>WG Waffle w/Smart Balance &amp; SF Syrup Low Fat Yogurt Orange Juice <u>Milk</u> Chef's Salad (Turkey, Egg, Shredded Swiss Cheese, Mixed Bell Peppers &amp; Spring Mix) Macaroni Salad WW Dinner Roll w/Smart Balance Italian Dressing SF Fruit Gelatin <u>Milk</u> Chile Pork w/Verde Sauce Pinto Beans &amp; Carrots Corn Tortilla Pineapple Tidbits</p>	<p><b>18</b></p> <p>Hard Boiled Egg WW Bread w/Smart Balance &amp; SF Jelly Orange Pineapple Juice <u>Milk</u> Farro w/ Walnut Feta Cheese Cucumber Salad Black Bean Lentil Salad WW Bread w/Smart Balance SF Custard <u>Milk</u> Vietnamese Lemongrass Chicken Strips w/ Lemongrass Sauce Jasmine Rice Oriental Vegetable Blend WW Dinner Roll w/Smart Balance Mandarin Orange</p>	<p><b>19</b></p> <p>Oatmeal Mini Blueberry Muffin w/ Smart Balance Low Fat Yogurt &amp; Raisins Orange Juice <u>Milk</u> Creamy Pesto Chicken Salad Lemon Orzo Pasta Cucumber &amp; Tomato Salad IW Peach Cup <u>Milk</u> Salisbury Steak w/Mushroom Gravy Mashed Potatoes 5-Way Mixed Vegetables WW Dinner Roll w/Smart Balance SF Cookie</p>

Voluntary Contribution \$5.25

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)


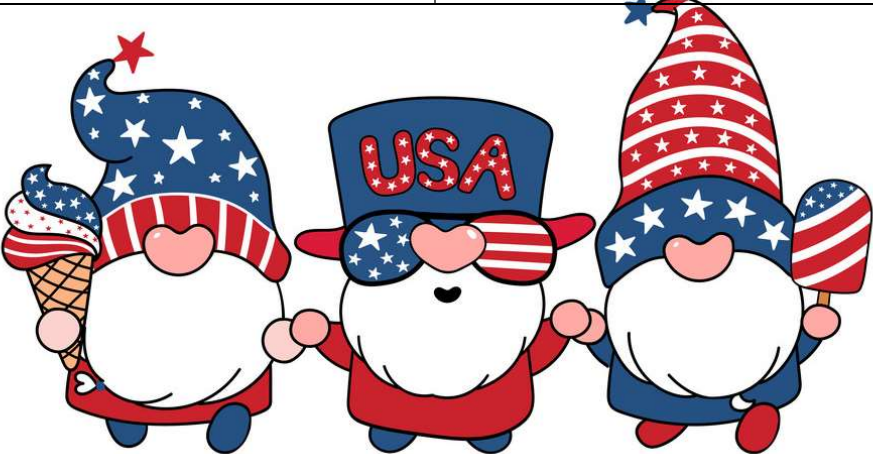
TURN OVER




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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22</b> WG Waffle w/ Smart Balance & SF Syrup Low Fat Yogurt Orange Pineapple Juice <u>Milk</u> Winter Chicken Salad w/ Citrus & Celery Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple <u>Milk</u> Baked Tilapia w/ Savory Braised Tomato Sweet Potatoes Green Peas WW Dinner Roll w/Smart Balance Fig Bar	<b>23</b> Cottage Cheese Fruit Cocktail WW Bread w/Peanut Butter & SF Jelly <u>Milk</u> Butternut Squash w/Feta Cheese Pasta Quinoa Chickpea Salad w/Hummus Dressing WW Dinner Roll w/Smart Balance Mandarin Orange <u>Milk</u> Chicken Breast w/Sweet & Sour Sauce Jasmine Rice & Spinach WW Dinner Roll w/Smart Balance SF Cookie	<b>24</b> Mini Bagel w/ Cream Cheese Low Fat Yogurt Orange Juice <u>Milk</u> Greek Salad w/Edamame & Shredded Chicken Carrot Raisin Salad WW Dinner Roll w/Smart Balance SF Pudding <u>Milk</u> Beef Tips w/Mushroom Gravy Baby Roasted Potatoes 5-Way Mixed Vegetables WW Dinner Roll w/Smart Balance IW Pineapple Tidbits	<b>25</b> Hardboiled Egg WW Bread w/Smart Balance & SF Jelly Low Fat Yogurt Orange Juice <u>Milk</u> Vietnamese Chicken Salad Asian Cucumber Salad Broccoli & Peppers Salad Diet Apple Crisp <u>Milk</u> Pork Tenderloin w/Honey Garlic Sauce Brown Rice Crinkle Carrots WW Dinner Roll w/Smart Balance Mandarin Orange	<b>26</b> Oatmeal & Raisins WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice <u>Milk</u> Mexican Tuna Salad Barley & Mango Salad Crackers (2) IW Pear Cup <u>Milk</u> LS Roast Turkey Breast w/Turkey Gravy Mashed Potatoes Zucchini Medley WW Dinner Roll w/Smart Balance SF Ambrosia
<b>29</b> <b>**Memorial Day Celebration**</b> BBQ McRib Mashed Potatoes Carrots Cornbread w/Smart Balance Apple Pie Diet: Fresh Fruit <b>AMERICA'S REAL SUPER HEROES</b> 	<b>30</b> Cottage Cheese Multigrain Cheerios Peanut Butter w/ SF Jelly <u>Orange Juice</u> <u>Milk</u> Provencal Tuna Salad Barley Salad w/Corn & Mango WW Bread w/Smart Balance Mandarin Orange <u>Milk</u> Chicken Breast w/Marsala Sauce Brown Rice Peas & Carrots SF Cookie	<b>31</b> Hardboiled Egg WW Bread w/Smart Balance & SF Jelly Low Fat Yogurt <u>Milk &amp; Orange Juice</u> Mediterranean Quinoa Salad w/Cheese, Chicken Strips & Balsamic Dressing Three Sisters Salad Keebler Crackers (2) Fresh Orange <u>Milk</u> Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend WW Dinner Roll w/Smart Balance SF 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.