



Home Delivered Meals June Menu 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Oatmeal WW Bread w/Smart Balance & SF Jelly LF Yogurt Orange Juice <u>Milk</u> Thai Beef Salad w/ Asian Dressing Confetti Rice IW Fruit Mix <u>Milk</u> Chicken Drumsticks Baked Beans Zucchini Medley WW Dinner Roll w/Smart Balance Ketchup IW Peach Cup	2 WG Waffles Smart Balance & SF Syrup LF String Cheese Orange-Pineapple Juice <u>Milk</u> Classic Egg Salad Greek Salad w/ Edamame WW Dinner Roll w/Smart Balance SF Fruited Gelatin <u>Milk</u> Barbacoa Beef Bowl Spanish Rice Broccoli Tortilla Pico de Gallo IW Pineapple Tidbits
			5 Cottage Cheese WW Bread Smart Balance & SF Jelly Orange Juice <u>Milk</u> Sliced LS Turkey Breast w/ Hummus Bean & Corn Salad Tomato & Cucumber WW Pita Bread Fresh Apple <u>Milk</u> Baked White Fish w/ Newburg Sauce Quinoa Salad & 5 Way Mixed Vegetables WW Dinner Roll w/Smart Balance Mandarin Orange	6  Hard Boiled Egg LF Yogurt Orange-Pineapple Juice WW Bread w/ Peanut Butter & SF Jelly <u>Milk</u> Signature Chicken Salad Carrifruit Slad WW Bread w/Smart Balance IW Pineapple Tidbits <u>Milk</u> Pork Carnitas Spanish Rice Winter Vegetable Blend Tortilla Salsa IW Peach Cups
12 All Bran WW Bread w/Smart Balance & SF Jelly LF Yogurt Orange Juice <u>Milk</u> Quinoa w/ Corn, Mango, Tomatoes & Shredded Chicken Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance IW Fruit Mix <u>Milk</u> Baked Meatloaf w/ Savory Tomato Gravy Mashed Potatoes Italian Vegetable Blend Sour Cream SF Pear Crisp	13 Oatmeal w/ Raisins Hard Boiled Egg Orange-Pineapple Juice <u>Milk</u> Crab & Veggie Slad w/ Dressing Rainbow Pasta Salad WW Dinner Roll w/Smart Balance IW Pear Cups <u>Milk</u> Turkey Enchilada Casserole Oregon Bean Medley Broccoli WW Bread w/Smart Balance SF Cookie	14 WG Waffle w/Smart Balance & SF Syrup LF Yogurt Orange Juice <u>Milk</u> Black Bean Lentil Salad w/ Cumin-Lime Dressing & Tuna Salad Spring Mix WW Dinner Roll w/Smart Balance SF Pudding <u>Milk</u> Chicken Meatballs w/ Cacciatore Sauce Fettuccini Pasta Peas & Carrots WW Dinner Roll w/ Smart Balance IW Pineapple Tidbits 	15 Multigrain Cheerios LF Yogurt WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice <u>Milk</u> Curry Chicken Couscous w/ Parmesan & Peas Crackers (1) SF Cake <u>Milk</u> Ricotta Peas & Broccoli Sweet Potatoes Succotash WW Dinner Roll w/Smart Balance Mandarin Orange	**16** **Father's Day Celebration** Oatmeal WW Bread w/ Smart Balance LF String Cheese Orange Juice <u>Milk</u> Shredded Pork Taco Fiesta Corn & Bell Pepper Salad Tortilla (2) SF Fruited Gelatin <u>Milk</u> Roast Beef w/ Brown Gravy Baked Potato w/ Sour Cream Chef's Cut Veg. Blend Parker House Dinner Roll w/ Smart Balance IW Apple Pie Diet: Fresh Fruit 

Voluntary Contribution \$5.25

www.MealsOnWheelsOC.org


TURN OVER 



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	**21**	22	23
Hard Boiled Egg All Bran Orange Juice <u>Milk</u> Pecan Chicken Salad Barley & Black Bean Salad California Salad WW Dinner Roll w/Smart Balance SF Ambrosia <u>Milk</u> Pork Tenderloin w/ Honey Mustard Sauce Sweet Potatoes Collard Greens WW Dinner Roll w/Smart Balance SF Cookie	Oatmeal w/ Raisins LF 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/ Straganoff Sauce Mashed Potatoes Chef's Vegetable Blend WW Dinner Roll w/Smart Balance IW Pineapple Tidbits	**Welcoming Summer** Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Fruit Mix <u>Milk</u> Hamburger Patty w/ Hamburger Bun Potato Salad Spring Mix Mayonnaise & Mustard Mandarin Orange <u>Milk</u> BBQ Chicken Mashed Potatoes w/ Gravy Green Beans Parker House Dinner Roll w/ Smart Balance Assorted Frozen Dessert Diet: Fresh Fruit	Multigrain Cheerios LF Yogurt Orange-Pineapple Juice <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> Turkey Pot Roast w/ Turkey Gravy Polenta Carrots WW Dinner Roll w/Smart Balance Fresh Apple	Mini Bagel w/ Cream Cheese LF String Cheese Fresh Orange <u>Milk</u> Chicken Salad w/ Yogurt Dressing Spring Mix Chopped Salad & Couscous WW Dinner Roll w/Smart Balance SF Custard <u>Milk</u> Breaded Baked Fish w/ Tartar Sauce Quinoa Pilaf Cauliflower & Broccoli WW Bread w/Smart Balance IW Fruit Mix
26	27	28	29	**30**
Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice <u>Milk</u> Pasta w/ Butternut Squash & Feta Cheese Lemon Quinoa Salad Corn, Lima Beans & Tomatoes IW Fruit Mix <u>Milk</u> Chicken Tinga Tacos Cilantro Lime Rice Oregon Bean Medley Tortilla Sour Cream SF Cake	All Bran LF Yogurt Orange Juice <u>Milk</u> Greek Salad w/ Garbanzo Beans & Feta Cheese Rainbow Quinoa Salad w/ Balsamic Dressing WW Dinner Roll w/ Smart Balance SF Ambrosia <u>Milk</u> Ground Turkey Shepherds Pie Peas & Carrots Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple	WG Waffle w/Smart Balance & SF Syrup LF Yogurt Orange Juice <u>Milk</u> Chef's Salad w/ Italian Dressing Spring Mix Macaroni Salad WW Dinner Roll w/ Smart Balance SF Fruited Gelatin <u>Milk</u> Pork w/ Chile Verde Pinto Beans Carrots Tortilla Pineapple Tidbits	Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice <u>Milk</u> Farro Salad w/ Walnut, Feta Cheese & Cucumber Black Bean Lentil Salad WW Bread w/ Smart Balance SF Custard <u>Milk</u> Chicken Strips w/ Lemongrass Sauce Jasmine Rice Oriental Vegetable Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	**4th of July Holiday Celebration** Oatmeal w/ Raisins Mini Blueberry Muffin w/ Smart Balance LF Yogurt Orange Juice <u>Milk</u> Creamy Pesto Chicken Salad Lemon Orzo Pasta Cucumber & Tomato Salad IW Peach Cup <u>Milk</u> Chili Cheese Hotdog on WG Bun Carrots Baby Potatoes Assorted Dessert

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.