


Home Delivered Meals September Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Oatmeal Granola Honey Bar LF Yogurt Orange Juice Milk (2) Chef's Salad on Spring Mix (LS Sliced Turkey, Diced Egg, Shredded Swiss Cheese, Sliced Peppers, Corn & Shredded Carrots) Lemon Vinaigrette Barley & Mango Salad WW Dinner Roll w/ Smart Balance Fresh Orange Pork Carnitas Tomato Cilantro Rice Mixed Veg. Tortilla IW Fruit Mix
"4" "Labor Day Celebration" Hot Dog on WW Bun Macaroni Salad Coleslaw Ketchup, Mustard, Relish Milk Assorted Dessert Diet Fresh Fruit 	5 WG Waffle w/ Smart Balance & SF Syrup LF Yogurt Orange-Pineapple Juice Milk (2) Mexican Tuna Salad on Spring Mix California Salad WW Dinner Roll w/ Smart Balance SF Ambrosia Macaroni & Cheese Diced Tomatoes Carrots WW Dinner Roll w/ Smart Balance SF Apple Crisp	6 Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice Milk (2) Beef Barley Salad w/ Mango Dressing & Sliced Beef Confetti Rice Salad WW Dinner Roll w/ Smart Balance SF Fruited Gelatin Turkey Enchilada Casserole Pinto Beans California Veg. Blend SF Cookie	7 Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (2pk) SF Pudding Pork Tenderloin Honey Garlic Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple	8 Raisin Bran LF Yogurt Orange Juice Milk (2) Asian Cabbage w/ Thai Dressing Salad & Diced Chicken Tomato & Cucumber Salad WW Dinner Roll w/ Smart Balance Mandarin Orange Chicken Tinga Mexican Rice Peas & Carrots Pico de Gallo WG Tortilla SF Custard
11 Bagel w/ Cream Cheese LF Yogurt Orange-Pineapple Juice Milk (2) Tuscan Tuna & White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance SF Ambrosia Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Capri Veg Blend WW Dinner Roll w/ Smart Balance SF Cake	12 Hardboiled Egg WG Blueberry Muffin w/Smart Balance Orange Juice Milk (2) Herbed Farro Salad w/Nuts, Feta & Cucumber Barley-Corn Mango Salad WW Bread w/Smart Balance Mandarin Orange LS Turkey Turkey Gravy Sweet Potatoes Scandinavia Veg. Blend WW Dinner Roll w/Smart Balance SF Custard	13 Raisin Bran Granola Honey Bar LF Yogurt Orange Pineapple Juice Milk (2) Chickpea Egg Salad Spring Mix Carrot Raisin WW Dinner Roll w/Smart Balance SF Pear Crisp Barbacoa Beef Cilantro Lime Rice Fiesta Vegetable Mix Corn Tortilla 6" Pico de Gallo SF Pudding	14 Cottage Cheese WW Bread w/Smart Balance & Sf Jelly Orange Juice Milk (2) Beef Patty Potato Salad Tomato & Onion Salad Mayonnaise & Mustard WW Hamburger Bun IW Fruit Mix Chicken w/la King Sauce Quinoa Pilaf Mixed Vegetables Fresh Orange	"15" "Western Day Celebration" WG Waffles w/Smart Balance & SF Syrup LF Yogurt Orange Juice Milk (2) Chicken Ranch Pasta Salad Zucchini and Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple Pulled Pork w/BBQ Sauce Baked Beans Carrots WW French Roll Diet Peach Crisp

Voluntary Contribution \$5.25 per day.





Home Delivered Meals September Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Cottage Cheese WW Bread w/Smart Balance & SF Jelly Orange Juice <u>Milk (2)</u> Cranberry Basil Chicken Salad Barley with Mushroom WG Crackers (1) <u>Tropical Fruit Mix</u> Cheese Ravioli Italian Sauce Broccoli Italian Blend Veg WW Dinner Roll w/Smart Balance Sf Pear Crip	19 Hard Boiled Egg Granola Honey Bar LF Yogurt Orange Pineapple Juice <u>Milk (2)</u> Shredded Pork Tacos (Pinto Beans, Corn and Shredded Cheese) Mexican Quinoa Salad Corn Tortilla 4.5" (2) <u>Orange</u> Fish Fillet Newburg Sauce Couscous Spinach Pilaf Scandinavia Veg Blend WW Dinner Roll w/Smart Balance SF Custard	20 Oatmeal WW Bread w/Peanut Butter & SF Jelly Orange Juice <u>Milk (2)</u> Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad <u>SF Cookie</u> Braised Cube Beef Burgundy Sauce Sweet Potatoes Spinach WW Dinner Roll w/Smart Balance Ambrosia	21 All Bran LF Yogurt Orange Pineapple Juice <u>Milk (2)</u> Pasta w/Butternut Squash w/Feta Cheese Moroccan Couscous WW Dinner Roll w/Smart Balance <u>IW Peach Cup</u> Chicken Meatballs Swedish Sauce Pineapple-Fried Rice Diced Carrots Fresh Apple	"22" "First Day of Autumn Celebration" WG Waffle w/Smart Balance & SF Syrup LF Yogurt Orange Juice <u>Milk (2)</u> Sliced Turkey w/Hummus Corn, Edamame Salad WW Bread <u>SF Fruited Gelatin</u> Beef Goulash Egg Noodle California Blend WW Dinner Roll w/Smart Balance Assorted Pie Diet: Fresh Fruit
25 WG Waffle w/ Smart Balance & SF Syrup LF Yogurt Orange Juice <u>Milk (2)</u> Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad WW Bread w/ Smart Balance <u>IW Mandarin Orange</u> Fish Fillet Savory Tomato Sauce Sweet Potatoes Succotash WW Dinner Roll w/ Smart Balance SF Apple Crisp	26 Hardboiled Egg WW Bread w/Smart Balance & SF Jelly Orange Pineapple Juice <u>Milk (2)</u> Crab, Corn and Tomato Salad On Spring Mix Salad Barley and Black Beans Salad WW Dinner Roll w/Smart Balance <u>Fresh Orange</u> LS Ground Turkey Bolognese Penne Pasta Italian Vegetable Blend Parmesan Cheese IW Pineapple Tidbits	27 Cottage Cheese Granola Honey Bar Orange Juice <u>Milk (2)</u> Greek Salad w/ Couscous & Feta Cheese Beets & Orange Salad WG Crackers (1pk) <u>SF Ambrosia</u> Pork Tenderloin Mushroom Creamy Sauce Quinoa Pilaf 5-Way Mixed Veg. WW Dinner Roll w/ Smart Balance IW Fruit Mix	28 Oatmeal WW Bread LF Yogurt Orange Juice <u>Milk (2)</u> Creamy Pesto Chicken Salad Farro Butternut Squash Salad WW Dinner Roll w/ Smart Balance <u>IW Peach Cup</u> Salisbury Steak Mushroom Brown Gravy Mashed Potatoes Broccoli Cuts WW Dinner Roll w/ Smart Balance SF Custard	29 Raisin Bran LF Yogurt WW Bread w/ Smart Balance & SF Jelly Orange- Pineapple Juice <u>Milk (2)</u> Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/ Smart Balance <u>SF Fruited Gelatin</u> Chicken Breast Hui Hui Pineapple Sauce Brown Rice Oriental Veg. Blend WG Crackers (1pk) Fresh Apple

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

