



## Home Delivered Meals October Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Cottage Cheese Orange Juice, Milk (2) <u>WW Bread w/Smart Balance &amp; SF Jelly</u> Chicken w/ Green Beans &amp; Tomato Salad Healthy Veggie Salad WW Bread w/ Smart Balance <u>IW Pear Crisp</u> Cubed Beef Stew Gravy Stew Vegetables Baby Whole Potatoes IW Fruit Mix</p>	<p><b>3</b></p> <p>Oatmeal w/Raisin Box LF Yogurt Orange- Pineapple Juice, Milk (2) <u>Granola Honey Bar</u> Couscous w/ Feta Cheese Salad Tomato &amp; Zucchini WW Dinner Roll w/ Smart Balance <u>SF Apple Crisp</u> LS Sliced Turkey Florentine Sauce Fettuccini Carrots WW Dinner Roll w/ Smart Balance Mandarin Orange</p>	<p><b>4</b></p> <p>Hardboiled Egg WW Bread w/ Smart Balance &amp; SF Jelly <u>Orange Juice, Milk (2)</u> Thai Citrus Crunch Salad w/ Roast Beef Carrifruit WW Dinner Roll w/ Smart Balance <u>Fresh Apple</u> Pork w/ Chile Verde Black Beans Broccoli Tortilla SF Egg Custard</p>	<p><b>5</b></p> <p>Raisin Bran Orange-Pineapple Juice, Milk (2) <u>LF Yogurt</u> Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn &amp; Shredded Cheese) Lemony Lentil Salad Tortilla Strips Cilantro Lime Dressing <u>IW Pineapple Tidbits</u> Vietnamese Chicken w/ Lemongrass Sauce Brown Rice Japanese Veg Blend WW Dinner Roll w/ Smart Balance Fig Bar</p>	<p><b>6</b></p> <p>WG Waffle w/ Smart Balance &amp; SF Syrup Orange Juice, Milk (2) <u>LF Yogurt</u> Poppy Seed Chicken Pasta Salad Green Pepper &amp; Tomato Salad WW Dinner Roll w/ Smart Balance <u>Fresh Orange</u> Spinach, Mushroom &amp; Cheese Quiche Whole Mini Potatoes 5-Way Mixed Veg. WW Dinner Roll w/ Smart Balance SF Ambrosia</p>
<p><b>9</b></p> <p>Hardboiled Egg WW Bread w/ Smart Balance &amp; SF Jelly <u>Orange-Pineapple Juice, Milk (2)</u> Signature Chicken Salad Black Beans &amp; Corn WW Dinner Roll w/ Smart Balance <u>SF Cake</u> Breaded Fish w/ Savory Tomao Sauce Black Beans Broccoli Tortilla Sf Fruited Gelatin</p>	<p><b>10</b></p> <p>Cottage Cheese WW Bread w/ Peanut Butter &amp; SF Jelly <u>Orange Juice, Milk (2)</u> Provencal Tuna Salad Herbed Farro w/ Nuts, Feta &amp; Cucumber WW Dinner Roll w/ Smart Balance <u>IW Mandarin Orange</u> Turkey Pot Roast Brown Gravy Mashed Potatoes Peas &amp; Carrots SF Pudding</p>	<p><b>11</b></p> <p>Raisin Bran LF Yogurt <u>Orange Juice, Milk (2)</u> Meatloaf Sandwich Spring Mix Carrot Raisin Salad Mayonnaise &amp; Mustard WG Hamburger Bun <u>Pineapple Tidbits</u> Chicken Breast Coconut Curry Sauce Egg Noodle Spinach Fresh Apple</p>	<p><b>12</b></p> <p>WG Waffle w/ Smart Balance &amp; SF Syrup <u>Orange-Pineapple Juice, Milk (2)</u> Greek Quinoa Chicken Salad w/ Balsamic Dressing California Salad WW Dinner Roll w/ Smart Balance <u>IW Peaches</u> Vegetable Lasagna Carrots Cauliflower &amp; Broccoli SF Ambrosia</p>	<p><b>13</b></p> <p>Oatmeal, Granola Honey Bar Orange Juice, Milk (2) <u>LF Yogurt</u> Chef's Salad on Spring Mix (LS Sliced Turkey, Diced Egg, Shredded Swiss Cheese, Sliced Peppers, Corn &amp; Shredded Carrots) Lemon Vinaigrette Barley &amp; Mango Salad WW Dinner Roll w/ Smart Balance <u>Fresh Orange</u> Pork Carnitas Tomato Cilantro Rice Mixed Veg. Tortilla IW Fruit Mix</p>
<p><b>16</b></p> <p>Oatmeal, Granola Honey Bar LF Yogurt <u>Orange Juice, Milk (2)</u> Mediterranean Quinoa Salad w/ Chicken, Feta Cheese &amp; Balsamic Dressing Cucumber Walnut Salad WW Dinner Roll w/ Smart Balance <u>SF Cake</u> Meatballs Sweet Citrus Glazed Orzo Pilaf California Veg. Blend Fresh Orange</p>	<p><b>17</b></p> <p>WG Waffle w/Smart Balance &amp; SF Syrup Orange-Pineapple Juice, Milk (2) <u>LF Yogurt</u> Mexican Tuna Salad on Spring Mix California Salad WW Dinner Roll w/ Smart Balance <u>SF Ambrosia</u> Macaroni &amp; Cheese Diced Tomatoes Sliced Carrots WW Dinner Roll w/ Smart Balance SF Apple Crisp</p>	<p><b>18</b></p> <p>Cottage Cheese WW Bread w/ Peanut Butter &amp; SF Jelly <u>Orange Juice, Milk (2)</u> Beef Barley Salad w/ Mango Dressing &amp; Sliced Beef Confetti Rice Salad WW Dinner Roll w/ Smart Balance <u>SF Fruited Gelatin</u> Vietnamese Chiocken w/ Caramel Sauce Jasmine Rice Capri Vegetable Sf Cookie</p>	<p><b>19</b></p> <p>Hardboiled Egg WW Bread w/ Smart Balance &amp; SF Jelly <u>Orange Pineapple Juice, Milk (2)</u> Heart Healthy Garbanzo Salad Beets &amp; Orange Salad WW Crackers (2pk) <u>SF Pudding</u> Pork Tenderloin Honey Garlic Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple</p>	<p><b>20</b></p> <p>Raisin Bran LF Yogurt <u>Orange Juice, Milk (2)</u> Asian Cabbage w/ Thai Dressing Salad &amp; Diced Chicken Tomato &amp; Cucumber Salad WW Dinner Roll w/ Smart Balance <u>Mandarin Orange</u> Chicken Tinga Mexican Rice Peas &amp; Carrots Pico de Gallo WG Tortilla SF Custard</p>

Voluntary Contribution \$5.25 per day.

TURN OVER



## Home Delivered Meals October Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
Bagel w/ Cream Cheese LF Yogurt <u>Orange-Pineapple Juice, Milk (2)</u> Tuscan Tuna & White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance <u>SF Ambrosia</u> Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Capri Veg Blend WW Dinner Roll w/ Smart Balance SF Cake	Hardboiled Egg WG Blueberry Muffin w/Smart Balance <u>Orange Juice, Milk (2)</u> Herbed Farro Salad w/Nuts, Feta & Cucumber Barley-Corn Mango Salad WW Bread w/Smart Balance <u>Mandarin Orange</u> LS Turkey Turkey Gravy Sweet Potatoes Scandinavia Veg. Blend WW Dinner Roll w/Smart Balance SF Custard	Raisin Bran Granola Honey Bar LF Yogurt <u>Orange Pineapple Juice, Milk (2)</u> Chickpea Egg Salad Spring Mix Carrot Raisin WW Dinner Roll w/Smart Balance <u>SF Pear Crisp</u> Barbacoa Beef Cilantro Lime Rice Fiesta Vegetable Mix Corn Tortilla 6" Pico de Gallo SF Pudding	Cottage Cheese WW Bread w/Smart Balance & Sf Jelly <u>Orange Juice, Milk (2)</u> Beef Patty Potato Salad Tomato & Onion Salad Mayonnaise & Mustard WW Hamburger Bun <u>WW Fruit Mix</u> Chicken w/ Sweet & Sour Souce Rice Pilaf Mixed Vegetables Fresh Orange	WG Waffles w/Smart Balance & SF Syrup LF Yogurt <u>Orange Juice, Milk (2)</u> Chicken Ranch Pasta Salad Zucchini and Tomato Salad WW Dinner Roll w/Smart Balance <u>Fresh Apple</u> Cubed Beef w/ Ranchera Salsa Mexican Rice Pinto Beans Toritlla Apricot
30	<b>**31**</b>			
Cottage Cheese WW Bread w/Smart Balance & SF Jelly <u>Orange Juice, 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 Crisp	<b>"Halloween Celebration"</b> Hard Boiled Egg Granola Honey Bar LF Yogurt <u>Orange-Pineapple Juice, Milk (2)</u> Shredded Pork Tacos (Pinto Beans, Corn and Shredded Cheese) Mexican Quinoa Salad Corn Tortilla 4.5" (2) <u>Orange</u> Beef Stew Baby Baked Potatoes Stew Vegetables Dinner Roll w/ Smart Balance Pistachio Pudding Diet: Fresh Fruit			

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