



## Home Delivered Meals March Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				<b>1</b> Omelet WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple <hr/> Chicken Strips Fajitas Veg Blend Spanish Rice Corn Tortilla SF Fruited Gelatin
<b>4</b> Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2) <hr/> Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers (1pk) IW Tropical Fruit Mix <hr/> Cheese Ravioli Italian Sauce Succotash Italian Veg Blend WW Dinner Roll w/ Smart Balance Sf Pear Crisp	<b>5</b> Hard Boiled Egg LF Yogurt Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2) <hr/> Shredded Pork Taco (Shredded Pork, Pinto Beans, Corn & Cheese) Mexican Quinoa Salad Tortilla (2) Fresh Orange <hr/> Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Oriental Veg Mix SF Cake	<b>6</b> Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) <hr/> Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie <hr/> Braised Cubed Beef Burgundy Sauce Sweet Potatoes Spinach Dinner Roll w/ Smart Balance Ambrosia	<b>7</b> All Bran LF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Pasta w/Butternut Squash & Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance IW Peach Cup <hr/> Fish Taco Chipotle Mango Sauce Baby Baker Potatoes Winter Veg Blend Tortilla Fresh Apple 	<b>**8**</b> <i>* National Nutrition Month Celebration*</i> WG Waffle LF Yogurt Smart Balance & SF Syrup Orange Juice & 1% Milk (2) <hr/> Sliced Turkey w/ Hummus Corn, Lima Beans & Tomato Salad WW Bread SF Fruited Gelatin <hr/> Baked Salmon w/ Mango Salsa Rice Pilaf Oriental Veg. Blend Yogurt Parfait Topped w/ Granola Diet: Fresh Fruit
<b>11</b> WG Waffle Smart Balance & SF Syrup LF Yogurt Orange Juice & 1% Milk (2) <hr/> Tarragon Chicken Salad w/Yogurt Dressing Lemony Orzo Salad WW Bread w/ Smart Balance IW Mandarin Orange <hr/> Cheese Enchiladas (2) Enchilada Sauce Spanish Rice Peas & Carrots SF Apple Crisp	<b>12</b> Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) <hr/> Crab, Corn & Tomato Salad Spring Mix Barley & Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Orange <hr/> LS Ground Turkey Bolognese Marina Sauce Penne Pasta Italian Veg Blend Dinner Roll w/ Smart Balance Parmesan Cheese IW Mandarin Orange	<b>13</b> Cottage Cheese Granola Honey Bar Orange Juice & Milk (2) <hr/> Greek Salad w/ Couscous & Feta Cheese Beets & Orange Salad WW Dinner Roll w/ Smart Balance SF Ambrosia <hr/> Pork Carnitas Tomato Gravy Orzo Pilaf & Veg California Veg Blend Salsa IW Fruit Mix	<b>14</b> Oatmeal WW Bread LF Yogurt Orange Juice & 1% Milk (2) <hr/> Creamy Pesto Chicken Salad Farro Butternut Squash Salad WW Dinner Roll w/ Smart Balance IW Peach Cup <hr/> Salisbury Steak Mashed Potatoes Mushroom Brown Gravy Broccoli WW Dinner Roll w/ Smart Balance SF Custard	<b>**15**</b> <i>*St Patrick's Day Celebration*</i> Raisin Bran WW Bread w/Smart Balance & SF Jelly LF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance SF Fruited Gelatin <hr/> Corned Beef & Cabbage Whole Baby Potatoes Carrots WW Dinner Roll w/ Smart Balance Pistachio Pudding Fresh Fruit

Voluntary Contribution \$5.25 per day.



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<b>18</b> Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2) Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Bread w/ Smart Balance IW Pear Cup Cubed Beef Stew Gravy Stew Vegetables Baby Whole Potatoes IW Fruit Mix	<b>19</b> Oatmeal w/ Raisin Box Granola Honey Bar LF Yogurt Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Tomato & Zucchini WW Dinner Roll w/ Smart Balance SF Apple Crisp LS Sliced Turkey Florentine Sauce Fettuccini Sliced Carrots WW Dinner Roll w/ Smart Balance Mandarin Orange	<b>20</b> Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef Carrifruit WW Dinner Roll w/ Smart Balance Fresh Apple Pork w/ Chile Verde Black Beans Broccoli Tortilla SF Egg Custard	<b>21</b> Raisin Bran LF Yogurt Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) Lemony Lentil Salad Tortilla Strips Cilantro Lime Dressing IW Pineapple Tidbits Stir Fried Chicken w/ Vegetables Fried Rice w/ Pineapple Stir Fried Squash Medley SF Ambrosia	<b>22</b> WG Waffle Smart Balance & SF Syrup LF Yogurt Orange Juice & 1% Milk (2) Poppy Seed Chicken Pasta Salad Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange Spinach & Mushroom Quiche Whole Mini Potatoes 5-Way Mixed Veg WW Dinner Roll w/ Smart Balance Canned Apricots
<b>25</b> Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Signature Chicken Salad Black Beans & Corn WW Dinner Roll w/ Smart Balance SF Cake Pork Carnitas Tomatillo Sauce Kidney & Garbanzo Beans Fiesta Veg Blend Tortilla Pico de Gallo SF Fruited Gelatin	<b>26</b> Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) Provencal Tuna Salad Herbed Farro w/ Nuts, Feta & Cucumber WW Dinner Roll w/ Smart Balance IW Mandarin Orange Turkey Pot Roast Brown Gravy Mashed Potatoes Peas & Carrots SF Pudding	<b>27</b> Raisin Bran LF Yogurt Orange Juice & 1% Milk (2) Meatloaf Sandwich Spring Mix Carrot Raisin Salad Mayonnaise & Mustard WG Hamburger Bun Pineapple Tidbits Diced Chicken Orange Sauce Jasmine Rice Stir-Fried Bok Choy Almond Cookie	<b>28</b> WG Waffle Smart Balance & SF Syrup Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing California Salad WW Dinner Roll w/ Smart Balance IW Peaches Vegetable Lasagna Sliced Carrots Cauliflower & Broccoli SF Ambrosia	<b>**29**</b> <b>*Eggstravaganza Celebration*</b> Oatmeal Granola Honey Bar LF Yogurt Orange Juice & 1% 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 SF Cookie Colorful Frittata Winter Veg Blend Roasted Potatoes WW Dinner Roll w/ Smart Balance Festive Dessert 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 daily to not exceed 2300mg. Any meals that exceed 2300mg of sodium are indicated with a saltshaker icon. Please note condiments are not analyzed and may increase sodium. Special meals are indicated with \*\*, sodium may exceed 2300 mg on these days.