



Asian Home Delivered Meals April Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Oatmeal Granola Honey Bar LF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Mediterranean Quinoa Salad w/ Chicken and Feta Cheese with Balsamic Dressing Cucumber Walnut Salad WW Dinner Roll w/Smart Balance SF Cake</p> <hr/> <p>Pork in Five Spice Sauce Orzo Pilaf Bok Choy Chopped Cilantro Fresh Orange</p>	<p>2</p> <p>WG Waffle w/Smart Balance & SF Syrup LF Yogurt Orange-Pineapple Juice & Milk (2)</p> <hr/> <p>Mexican Tuna Salad on Spring Mix California Salad WW Dinner Roll w/ Smart Balance SF Ambrosia</p> <hr/> <p>Chicken Meatballs Curry Pineapple Sauce Jasmine Rice Peas & Carrots WW Dinner Roll w/ Smart Balance SF Apple Crisp</p>	<p>3</p> <p>Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice & Milk (2)</p> <hr/> <p>Beef Barley Salad w/ Mango Dressing & Sliced Beef Confetti Rice Salad WW Dinner Roll w/ Smart Balance SF Fruited Gelatin</p> <hr/> <p>Tofu w/ Pork & Tomato Pan Fried Egg Noodles Gai Lan Chopped Green Onions Almond Cookie</p>	<p>4</p> <p>Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Pineapple Juice & Milk (2)</p> <hr/> <p>Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (2pk) SF Pudding</p> <hr/> <p>Chicken w/Chestnuts Brown Rice Cauliflower & Broccoli WW Dinner Roll w/ Smart Balance Chopped Cilantro Fresh Apple</p>	<p>5</p> <p>Raisin Bran LF Yogurt Orange Juice & Milk (2)</p> <hr/> <p>Asian Cabbage w/ Thai Dressing Salad & Diced Chicken Tomato & Cucumber Salad WW Dinner Roll w/ Smart Balance Mandarin Orange</p> <hr/> <p>Shrimp & Pork in Hot Sauce Fried Rice w/Pineapple Braised Mushroom w/ Tofu Sesame Seeds Chopped Onion Mandarin Orange</p>
<p>8</p> <p>Bagel w/ Cream Cheese LF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Tuscan Tuna & White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance SF Ambrosia</p> <hr/> <p>Chicken w/ Rice Noodles & Vegetables Stir Fried Bok Choy w/ Oyster Sauce WW Dinner Roll w/ Smart Balance SF Cake</p>	<p>9</p> <p>Hardboiled Egg LF Yogurt WG Blueberry Muffin w/Smart Balance Orange Juice & Milk (2)</p> <hr/> <p>Herbed Farro Salad w/Nuts, Feta & Cucumber Barley, Corn & Mango Salad WW Bread w/Smart Balance Mandarin Orange</p> <hr/> <p>Baked Fish Lemongrass Sauce Pan Fried Noodles Braised Mushroom w/ Tofu WW Dinner Roll w/ Smart Balance Chopped Cilantro SF Fruited Gelatin</p>	<p>10</p> <p>Raisin Bran Granola Honey Bar LF Yogurt Orange Pineapple Juice & Milk (2)</p> <hr/> <p>Chickpea Egg Salad Spring Mix Carrot Raisin Salad WW Dinner Roll w/Smart Balance SF Pear Crisp</p> <hr/> <p>Chicken in Turmeric Peanut Sauce Rice Pilaf Green Beans Chopped Green Onions Almond Cookie</p>	<p>11</p> <p>Oatmeal WW Bread w/Smart Balance & Sf Jelly Orange Juice & Milk (2)</p> <hr/> <p>Beef Patty Potato Salad Tomato & Onion Salad Mayonnaise & Mustard WW Hamburger Bun IW Fruit Mix</p> <hr/> <p>Pork Roast Hui Hui Pineapple Sauce Jasmine Rice Stir-Fry Oriental Veg Mix Sesame Seeds Fresh Orange</p>	<p>**12**</p> <p>**Spring Celebration**</p> <p>Omelet WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Baked Ham w/ Pineapple Glaze Yam's w/ Marshmallows Chef Cut Vegetables WW Dinner Roll w/ Smart Balance Carrot Cake Diet: Fresh Fruit</p>
<p>15</p> <p>Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2)</p> <hr/> <p>Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers (1pk) IW Tropical Fruit Mix</p> <hr/> <p>Tofu & Pork in Caramel Sauce Brown Rice Broccoli WW Dinner Roll w/ Smart Balance SF Pear Crisp</p>	<p>16</p> <p>Hard Boiled Egg LF Yogurt Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Shredded Pork Taco (Shredded Pork, Pinto Beans, Corn & Cheese) Mexican Quinoa Salad Tortilla (2) Fresh Orange</p> <hr/> <p>Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Stir Fry Supreme Mixed Veg Sesame Seeds SF Cake</p>	<p>17</p> <p>Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <hr/> <p>Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie</p> <hr/> <p>Curry Chicken Jasmine Rice Spinach Dinner Roll w/ Smart Balance Chopped Green Onion & Sesame Seeds SF Ambrosia</p>	<p>18</p> <p>All Bran LF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Pasta w/Butternut Squash & Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance IW Peach Cup</p> <hr/> <p>Beef Ragout Rice Pilaf Bok Choy Chopped Cilantro Almond Cookie</p>	<p>19</p> <p>WG Waffle LF Yogurt Smart Balance & SF Syrup Orange Juice & 1% Milk (2)</p> <hr/> <p>Sliced Turkey w/ Hummus. Corn, Lima Beans & Tomato Salad WW Bread SF Fruited Gelatin</p> <hr/> <p>Chicken Stir-Fried with Vegetables Fried Rice w/ pineapple Capri veg. Blend Dinner Roll w/ Smart Balance Mandarin Orange</p>

Voluntary Contribution \$5.25 per day.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 WG Waffle Smart Balance & SF Syrup LF Yogurt Orange Juice & 1% Milk (2)	23 Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	24 Cottage Cheese Granola Honey Bar Orange Juice & Milk (2)	25 Oatmeal WW Bread LF Yogurt Orange Juice & 1% Milk (2)	26 Raisin Bran WW Bread w/Smart Balance & SF Jelly LF Yogurt Orange-Pineapple Juice & 1% Milk (2)
Tarragon Chicken Salad w/Yogurt Dressing Lemony Orzo Salad WW Bread w/ Smart Balance IW Mandarin Orange	Crab, Corn & Tomato Salad Spring Mix Barley & Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Orange	Greek Salad w/ Couscous & Feta Cheese Beets & Orange Salad WW Dinner Roll w/ Smart Balance SF Ambrosia	Creamy Pesto Chicken Salad Farro Butternut Squash Salad WW Dinner Roll w/ Smart Balance IW Peach Cup	Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance SF Fruited Gelatin
Pork Caramel Caramelized Sauce Jasmine Rice Carrots Chopped Cilantro SF Apple Crisp	Chicken in Ginger Sauce Fried Rice w/Pineapple WW Dinner Roll w/ Smart Balance Mandarin Orange	Fish in Sweet & Sour Sauce Steamed Rice Braised Mushroom w/ Tofu Chopped Green Onions WW Dinner Roll w/ Smart Balance IW Fruit Mix	Tofu & Pork in Tomato Sauce Steamed Rice Broccoli SF Cake	Chinese Beef Stir Fried with Pepper Garlic Sauce Jasmine Rice Stir-Fried Bok Choy Almond Cookie Sesame Seeds
29 Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2)	30 Oatmeal w/ Raisin Box Granola Honey Bar LF Yogurt Orange-Pineapple Juice & 1% Milk (2)			
Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Bread w/ Smart Balance IW Pear Cup	Couscous w/ Feta Cheese Salad Tomato & Zucchini WW Dinner Roll w/ Smart Balance SF Apple Crisp			
Fish in Tomato Sauce Rice Pilaf Stir-Fried Gai Lan Chopped Green Onions SF Pear Crisp	Lemongrass Chicken Jasmine Rice Green Beans WW Dinner roll w/Smart Balance Almond Cookie Chopped Parsley			

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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.