







Hispanic 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> <p>Mediterranean Quinoa Salad w/ Chicken and Feta Cheese with Balsamic Dressing Cucumber Walnut Salad WW Dinner Roll w/Smart Balance SF Cake</p> <p>Green Chicken Casserole Salsa Ranchera Pinto Beans Carrots Fresh Orange</p> 	<p>2</p> <p>WG Waffle w/Smart Balance & SF Syrup LF Yogurt Orange-Pineapple Juice & Milk (2)</p> <p>Mexican Tuna Salad on Spring Mix California Salad WW Dinner Roll w/ Smart Balance SF Ambrosia</p> <p>Fish Taco Chipotle Mango Sauce Baby Baker Potato California Veg Tortilla SF Apple Crisp</p>	<p>3</p> <p>Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice & Milk (2)</p> <p>Beef Barley Salad w/ Mango Dressing & Sliced Beef Confetti Rice Salad WW Dinner Roll w/ Smart Balance SF Fruited Gelatin</p> <p>Chicken Tinga Brown Rice & Black Beans Scandinavian Veg Blend Tortilla SF Cookie</p>	<p>4</p> <p>Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Pineapple Juice & Milk (2)</p> <p>Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (2pk) SF Pudding</p> <p>Cubed Beef Fajitas Fajita Blend Veg Cilantro Lime Rice WW Dinner Roll w/ Smart Balance Fresh Apple</p>	<p>5</p> <p>Raisin Bran LF Yogurt Orange Juice & Milk (2)</p> <p>Asian Cabbage w/ Thai Dressing Salad & Diced Chicken Tomato & Cucumber Salad WW Dinner Roll w/ Smart Balance Mandarin Orange</p> <p>Huevos Ranchero Patty Mexican Salsa Baby Baker Potatoes 5-Way Mixed Veg Tortilla Pico de Gallo SF Custard</p>
<p>8</p> <p>Bagel w/ Cream Cheese LF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <p>Tuscan Tuna & White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance SF Ambrosia</p> <p>Ground Turkey Picadillo Sauce Red Skin Potatoes Scandinavian Veg Tortilla SF Cake</p>	<p>9</p> <p>Hardboiled Egg LF Yogurt WG Blueberry Muffin w/Smart Balance Orange Juice & Milk (2)</p> <p>Herbed Farro Salad w/Nuts, Feta & Cucumber Barley, Corn and Mango Salad WW Bread w/Smart Balance Mandarin Orange</p> <p>Beef Barbacoa Spanish Rice Winter Veg Blend Tortilla SF Custard</p>	<p>10</p> <p>Raisin Bran Granola Honey Bar LF Yogurt Orange Pineapple Juice & Milk (2)</p> <p>Chickpea Egg Salad Spring Mix Carrot Raisin WW Dinner Roll w/Smart Balance SF Pear Crisp</p> <p>Chicken Meatballs Mushroom Cream Sauce Jasmine Rice California Blend WW Dinner Roll w/Smart Balance SF Pudding</p>	<p>11</p> <p>Oatmeal WW Bread w/Smart Balance & Sf Jelly Orange Juice & Milk (2)</p> <p>Beef Patty Potato Salad Tomato & Onion Salad Mayonnaise & Mustard WW Hamburger Bun IW Fruit Mix</p> <p>Pork Carnitas Ranchera Especial Salsa Pinto Beans Carrots Tortilla 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> <p>Chicken Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple</p> <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> <p>Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers (1pk) IW Tropical Fruit Mix</p> <p>Beef Enchilada Casserole Cilantro Lime Rice 5-Way Mixed Veg SF Pear Crisp</p>	<p>16</p> <p>Hard Boiled Egg LF Yogurt Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2)</p> <p>Shredded Pork Taco (Shredded Pork, Pinto Beans, Corn & Cheese) Mexican Quinoa Salad Tortilla (2) Fresh Orange</p> <p>Carne con Chile Beef Chili Sauce Pinto Beans Scandinavian Veg Tortilla SF Custard</p>	<p>17</p> <p>Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)</p> <p>Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie</p> <p>Chicken Tinga Brown Rice & Black Beans Carrots Ambrosia</p>	<p>18</p> <p>All Bran LF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <p>Pasta w/Butternut Squash & Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance IW Peach Cup</p> <p>Fish Taco Chipotle Mango Sauce Baby Baker Potatoes Winter Veg Blend Tortilla Fresh Apple</p>	<p>19</p> <p>WG Waffle LF Yogurt Smart Balance & SF Syrup Orange Juice & 1% Milk (2)</p> <p>Sliced Turkey w/ Hummus. Corn, Lima Beans & Tomato Salad WW Bread SF Fruited Gelatin</p> <p>Green Chicken Casserole Fajitas Veg. Blend Pinto Beans Mandarin Orange</p>

Voluntary Contribution \$5.25 per day.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>WG Waffle Smart Balance & SF Syrup LF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Tarragon Chicken Salad w/Yogurt Dressing Lemony Orzo Salad WW Bread w/ Smart Balance IW Mandarin Orange</p> <hr/> <p>Cheese Enchiladas (2) Enchilada Sauce Spanish Rice Peas & Carrots SF Apple Crisp</p> 	<p>23</p> <p>Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Crab, Corn & Tomato Salad Spring Mix Barley & Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Fish Sticks Ranchera Sauce Black Beans Broccoli Tortilla SF Cake</p>	<p>24</p> <p>Cottage Cheese Granola Honey Bar Orange Juice & Milk (2)</p> <hr/> <p>Greek Salad w/ Couscous & Feta Cheese Beets & Orange Salad WW Dinner Roll w/ Smart Balance SF Ambrosia</p> <hr/> <p>Pork Carnitas Tomato Gravy Orzo Pilaf & Veg California Veg Blend IW Fruit Mix</p>	<p>25</p> <p>Oatmeal WW Bread LF Yogurt Orange Juice & 1% Milk (2)</p> <hr/> <p>Creamy Pesto Chicken Salad Farro Butternut Squash Salad WW Dinner Roll w/ Smart Balance IW Peach Cup</p> <hr/> <p>Carne Con Chile Cubed Beef Chunky Salsa Tomato Cilantro Rice Green Beans Tortilla SF Custard</p>	<p>26</p> <p>Raisin Bran WW Bread w/Smart Balance & SF Jelly LF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Mediterranean Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance SF Fruited Gelatin</p> <hr/> <p>Chicken Strips Fajita Veg. Blend Spanish Rice Carrots WG Tortilla Pineapple Chunks</p>
<p>29</p> <p>Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2)</p> <hr/> <p>Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Bread w/ Smart Balance IW Pear Cup</p> <hr/> <p>Barbacoa Beef Pinto Beans Mixed Vegetables Tortilla IW Fruit Cup</p>	<p>30</p> <p>Oatmeal w/ Raisin Box Granola Honey Bar LF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Tomato & Zucchini WW Dinner Roll w/ Smart Balance SF Apple Crisp</p> <hr/> <p>Chicken Meatballs Mushroom Cream Sauce Jasmin Rice Scandinavian Blend WW Dinner Roll w/ Smart Balance Mandarin Orange</p>			

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.