



Lactose Free Home Delivered Meals April Menu 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 Oatmeal & Granola Honey Bar LF Yogurt Orange Juice & LF Milk (2) | 2 Hardboiled Egg WG Waffle w/Smart Balance & SF Syrup Orange-Pineapple Juice & LF Milk (2) | 3 All Bran WW Bread w/Peanut Butter & SF Jelly Orange Juice & LF Milk (2) | 4 Hardboiled Egg WW Bread w/Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) | 5 Raisin Bran FF Yogurt Orange Juice & LF Milk (2) |
| Mediterranean Quinoa Salad w/ Chicken and Feta Cheese with Balsamic Dressing Cucumber Walnut Salad WW Dinner Roll w/Smart Balance Fresh Orange | Mexican Tuna Salad Spring Mix California Salad WW Dinner Roll w/Smart Balance SF Ambrosia | Beef Barley Salad w/Mango Dressing Confetti Rice Salad WW Dinner Roll w/Smart Balance SF Fruited Gelatin | Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (2pk) Canned Pear | Asian Cabbage w/Thai Dressing & Diced Chicken Tomato & Cucumber WW Dinner Roll w/Smart Balance Mandarin Orange |
| Chicken Breast Sweet Citrus Glazed Orzo Pilaf California Vegetable Blend Fresh Orange | Pork Tenderloin Sweet & Sour Sauce Sweet Potatoes Spinach WW Dinner Roll w/Smart Balance SF Apple Crisp | Tofu w/ Pork & Tomato Pan Fried Egg Noodles Gai Lan Almond Cookie | Pork Tenderloin Honey Garlic Sauce Sweet Potatoes Broccoli WW Dinner Roll w/Smart Balance Fresh Apple | Huevos Ranchero Patty Mexican Salsa Baby Baked Potatoes 5-Way Mixed Veg Tortilla Pico de Gallo Tropical Fruit Mix |
| 8 Bagel w/Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) | 9 Hardboiled Egg WW Bread w/Smart Balance Orange Juice & LF Milk (2) | 10 Raisin Bran Granola Honey Bar Orange-Pineapple Juice & LF Milk (2) | 11 Oatmeal w/Raisins Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2) | **12** **Spring Celebration** |
| Tuscan Tuna & White Bean Salad Black Bean w/Lentil Salad WW Bread w/Smart Balance SF Ambrosia | DF Mexican Quinoa Salad Chicken Salad Barley, Corn & Mango Salad WW Bread w/Smart Balance Mandarin Orange | Chickpea Egg Salad Spring Mix Carrot Raisin WW Dinner Roll w/Smart Balance SF Pear Crisp | LS Turkey Breast w/DF Swiss Cheese Broccoli & Peppers Salad WW Hamburger Bun Mayo & Mustard IW Fruit Mix | All Bran Granola Honey Bar WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2) |
| Chicken Breast DF Diane Sauce Tri-Color Pasta Green Peas WW Dinner Roll w/Smart Balance Canned Peaches | LS Turkey Turkey Gravy Sweet Potatoes Scandinavian Veg Blend WW Dinner Roll w/Smart Balance SF Cookie | Diced Chicken DF Brown Gravy Jasmine Rice California Blend WW Dinner Roll w/Smart Balance SF Ambrosia | Pork Roast HuiHui Pineapple Sauce Jasmine Rice Oriental Veg Blend Fresh Orange | Chicken Cilantro Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple |
| 15 Oatmeal WW Bread w/ Smart Balance & SF Jelly Orange Juice & LF Milk (2) | 16 Hard Boiled Egg DF Yogurt Granola Honey Bar Orange-Pineapple Juice & LF Milk (2) | 17 Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (2) | 18 All Bran DF Yogurt Orange Juice & LF Milk (2) | 19 Bagel Smart Balance & SF Jelly Granola Honey Bar Orange Juice & LF Milk (2) |
| Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers (1pk) IW Tropical Fruit Mix | Shredded Pork Taco (Shredded Pork, Pinto Beans & Corn) Mexican Quinoa Salad Tortilla (2) Fresh Orange | Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie | Pasta w/Butternut Squash & DF Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance IW Peach Cup | Sliced Turkey w/ Hummus Quinoa, Corn, Edamame & Cucumber Salad WW Bread w/ Smart Balance SF Fruited Gelatin |
| Meatloaf Brown Gravy Sauce Egg Noodle Succotash Veg WW Dinner Roll w/Smart Balance Mandarin Orange | Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Oriental Veg Mix Fresh Orange | Braised Cubed Beef Burgundy Sauce Sweet Potatoes Spinach Dinner Roll w/ Smart Balance Ambrosia | Fish Taco Chipotle Mango Sauce Baby Baker Potatoes Winter Veg Blend Tortilla Fresh Apple | Pork Tenderloin Apricot Sauce DF Rice Pilaf Peas and Carrots Veg WW Dinner Roll w/ Smart Balance SF Cookies |

Voluntary Contribution \$5.25 per day.



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|--|--|---|--|--|
| 22 Cheerios WW Bread w/ Smart Balance & SF Jelly Orange Juice & LF Milk (2) | 23 Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & LF Milk (2) | 24 All Bran Granola Honey Bar Orange Juice & LF Milk (2) | 25 Oatmeal & Raisins WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2) | 26 Raisin Bran WW Bread w/Smart Balance & SF Jelly LF Yogurt Orange-Pineapple Juice & LF Milk (2) |
| DF Lemon Quinoa Salad w/ Diced Chicken Lemony Orzo Salad WW Bread w/ Smart Balance IW Mandarin Orange | Crab, Corn & Tomato Salad on Spring Mix Barley & Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Orange | Greek Salad w/ Couscous & Diced Chicken Beets & Orange Salad WW Dinner Roll w/ Smart Balance SF Ambrosia | DF Pasta Butternut Squash Salad Veggie Egg Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance IW Peaches | Mediterranean Tuna Salad Garbanzo and Zucchini Salad WW Dinner Roll w/Smart Balance SF Fruited Gelatin |
| Fish Fillet Ranchera Sauce Black Beans Scandinavian Veg Tortilla Canned Pear | LS Ground Turkey Marina Sauce Penne Pasta Italian Veg Blend Dinner Roll w/ Smart Balance Canned Apricot | Pork Carnitas Tomato Gravy Orzo Pilaf & Veg California Veg Blend Salsa IW Fruit Mix | Meatloaf DF Brown Gravy Baby Baker Potatoes Broccoli WW Dinner Roll w/Smart Balance Orange | Chinese Beef Stir Fry Pepper Garlic Sauce Jasmine Rice Stir Fried Bok Choy Almond Cookie |
| 29 Cheerios WW Bread w/Smart Balance & SF Jelly Orange Juice & LF Milk (2) | 30 Oatmeal & Raising Box Granola Honey Bar Orange-Pineapple Juice & LF Milk (2) | | | |
| Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Bread w/ Smart Balance IW Pear Cup | Couscous w/ DF Feta Cheese Classic Egg Salad Tomato & Zucchini WW Dinner Roll w/Smart Balance Canned Apricot | | | |
| Cubed Beef DF Brown Gravy Baby Whole Potatoes Stew Vegetables SF Cookie | LS Sliced Turkey DF Brown Gravy Fettuccini Spinach WW Dinner Roll w/ Smart Balance Mandarin Orange | | | |

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.

