



Home Delivered Meals April Menu 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 1 Oatmeal & Granola Honey Bar LF Yogurt Orange Juice & 1% Milk (2) Mediterranean Quinoa Salad w/ Chicken and Feta Cheese with Balsamic Dressing Cucumber Walnut Salad WW Dinner Roll w/Smart Balance SF Cake Chicken Meatballs with Sweet Citrus Glaze Sauce Orzo Pilaf California Veg Blend Fresh Orange | 2 WG Waffle w/Smart Balance & SF Syrup LF Yogurt Orange-Pineapple Juice & Milk (2) Mexican Tuna Salad on Spring Mix California Salad WW Dinner Roll w/ Smart Balance SF Ambrosia Macaroni & Cheese Diced Tomatoes Sliced Carrots WW Dinner Roll w/ Smart Balance SF Apple Crisp | 3 Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice & Milk (2) Beef Barley Salad w/ Mango Dressing & Sliced Beef Confetti Rice Salad WW Dinner Roll w/ Smart Balance SF Fruited Gelatin Tofu w/ Pork & Tomato Pan Fried Egg Noodles Gai Lan Almond Cookie | 4 Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Pineapple Juice & Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (2pk) SF Pudding Pork Tenderloin Honey Garlic Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple | 5 Raisin Bran LF Yogurt Orange Juice & Milk (2) Asian Cabbage w/ Thai Dressing Salad & Diced Chicken Tomato & Cucumber Salad WW Dinner Roll w/ Smart Balance Mandarin Orange Huevo Ranchero Patty Mexican Salsa Baby Baker Potatoes 5-Way Mixed Veg Tortilla Pico de Gallo SF Custard |
| 8 Bagel w/ Cream Cheese LF Yogurt Orange-Pineapple Juice & 1% Milk (2) Tuscan Tuna & White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance SF Ambrosia Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Capri Veg Blend WW Dinner Roll w/ Smart Balance SF Cake | 9 Hardboiled Egg LF Yogurt WG Blueberry Muffin w/Smart Balance Orange Juice & Milk (2) Herbed Farro Salad w/Nuts, Feta & Cucumber Barley-Corn Mango Salad WW Bread w/Smart Balance Mandarin Orange LS Turkey Turkey Gravy Sweet Potatoes Scandinavia Veg. Blend WW Dinner Roll w/Smart Balance SF Custard | 10 Raisin Bran Granola Honey Bar LF Yogurt Orange Pineapple Juice & Milk (2) Chickpea Egg Salad Spring Mix Carrot Raisin WW Dinner Roll w/Smart Balance SF Pear Crisp Chicken Meatballs Mushroom Cream Sauce Jasmine Rice California Blend WW Dinner Roll w/Smart Balance SF Pudding | 11 Oatmeal WW Bread w/Smart Balance & Sf Jelly Orange Juice & Milk (2) Beef Patty Potato Salad Tomato & Onion Salad Mayonnaise & Mustard WW Hamburger Bun IW Fruit Mix Pork Roast Hui Hui Pineapple Sauce Jasmine Rice Oriental Veg Mix Fresh Orange | **12** **Spring Celebration** Omelet WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) Chicken Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple Baked Ham w/ Pineapple Glaze Yam's w/ Marshmallows Chef Cut Vegetables WW Dinner Roll w/ Smart Balance Carrot Cake Diet: Fresh Fruit |
| 15 Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2) Cranberry Basil Chicken Salad Barley w/ Mushroom WG Crackers (1pk) IW Tropical Fruit Mix Cheese Ravioli Italian Sauce Succotash Italian Veg Blend WW Dinner Roll w/ Smart Balance Sf Pear Crisp | 16 Hard Boiled Egg LF Yogurt Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2) Shredded Pork Taco (Shredded Pork, Pinto Beans, Corn & Cheese) Mexican Quinoa Salad Tortilla (2) Fresh Orange Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Oriental Veg Mix SF Cake | 17 Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie Braised Cubed Beef Burgundy Sauce Sweet Potatoes Spinach Dinner Roll w/ Smart Balance Ambrosia | 18 All Bran LF Yogurt Orange-Pineapple Juice & 1% Milk (2) Pasta w/Butternut Squash & Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance IW Peach Cup Fish Taco Chipotle Mango Sauce Baby Baker Potatoes Winter Veg Blend Tortilla Fresh Apple | 19 WG Waffle LF Yogurt Smart Balance & SF Syrup Orange Juice & 1% Milk (2) Sliced Turkey w/ Hummus. Corn, Lima Beans & Tomato Salad WW Bread SF Fruited Gelatin Breakfast for Dinner Omelet Chicken Sausage (1) Baby Baked Potatoes Capri Veg Blend WW Blueberry Muffin w/Smart Balance Mandarin Orange |

Voluntary Contribution \$5.25 per day.






SPRING
is here



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 22 | 23 | 24 | 25 | 26 |
| WG Waffle Smart Balance & SF Syrup LF Yogurt Orange Juice & 1% Milk (2) | Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2) | Cottage Cheese Granola Honey Bar Orange Juice & Milk (2) | Oatmeal WW Bread LF Yogurt Orange Juice & 1% Milk (2) | 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 |
| Cheese Enchiladas (2) Enchilada Sauce Spanish Rice Peas & Carrots SF Apple Crisp | LS Ground Turkey Bolognese Marinara Sauce Penne Pasta Italian Veg Blend Dinner Roll w/ Smart Balance Parmesan Cheese IW Mandarin Orange | Pork Carnitas Tomato Gravy Orzo Pilaf & Veg California Veg Blend Salsa IW Fruit Mix | Salisbury Steak Mashed Potatoes Mushroom Brown Gravy Broccoli WW Dinner Roll w/ Smart Balance SF Custard | Chinese Beef Stir Fry Pepper Garlic Sauce Jasmine Rice Stir Fried Bok Choy Almond Cookie |
|  | | | | |
| 29 | 30 |  | | |
| Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2) | 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 | | | |
| Cubed Beef Stew Gravy Stew Vegetables Baby Whole Potatoes IW Fruit Mix | LS Sliced Turkey Florentine Sauce Fettuccini Sliced Carrots 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.