



## Vegetarian Home Delivered Meals April Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Oatmeal Granola Honey Bar LF Yogurt Orange Juice &amp; Milk (2)</p> <hr/> <p>Veg Moroccan Couscous Salad Broccoli Pepper Salad WW Bread w/Smart Balance IW Fruit Mix</p> <hr/> <p>Veg Chicken Sub Patty Meatless Veg Country Mushroom Gravy Mashed Potatoes Peas Carrots WW Dinner Roll w/Smart Balance IW Peach</p> 	<p><b>2</b></p> <p>WG Waffle w/Smart Balance &amp; SF Syrup FF Yogurt Orange-Pineapple Juice &amp; Milk (2)</p> <hr/> <p>Black Bean Taco Salad (Black Beans, Pinto Beans, Corn &amp; Peppers) Beets &amp; Mango Salad Spring Mix &amp; Tortilla Strips IW Mandarin Oranges</p> <hr/> <p>Veg Meatless Fish Sub (2) Veg Diane Sauce Red Skin Baked Potatoes Squash Medley WW Dinner Roll w/ Smart Balance Fresh Apple</p>	<p><b>3</b></p> <p>Cottage Cheese WW Bread w/ Peanut Butter &amp; SF Jelly Orange Juice &amp; Milk (2)</p> <hr/> <p>Heart Healthy Garbanzo Salad Tomato &amp; Zucchini WW Dinner Roll w/ Smart Balance Canned Apricot</p> <hr/> <p>Vietnamese Curry Diced Tofu Veg Pineapple Curry Sauce Jasmine Rice Collard Greens IW Pineapple Tidbits</p>	<p><b>4</b></p> <p>Hardboiled Egg WW Bread w/ Smart Balance &amp; SF Jelly Orange Pineapple Juice &amp; Milk (2)</p> <hr/> <p>Chinese Veg Chickenless Strips Salad (Chickenless Strips, Cabbage Mix &amp; Mandarin Oranges) Asian Cucumber Salad Asian Sesame Dressing IW Fruit Mix</p> <hr/> <p>Vegetarian Lasagna Broccoli Mixed Vegetables WW Dinner Roll w/ Smart Balance Fresh Orange</p>	<p><b>5</b></p> <p>Raisin Bran FF Yogurt Orange Juice &amp; Milk (2)</p> <hr/> <p>Veg Mexican Quinoa Salad Barley Mushroom WW Bread w/ Smart Balance IW Peach</p> <hr/> <p>Red Pepper, Zucchini &amp; Cheddar Frittata Winter Veg Blend Carrots Fresh Apple</p>
<p><b>8</b></p> <p>Mini Bagel w/ Cream Cheese FF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Balsamic Veg Chickenless Strips Pasta Cucumber &amp; Black-Eyed Peas Salad Fresh Orange</p> <hr/> <p>Cheese Ravioli Marinara Sauce Polenta Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple</p>	<p><b>9</b></p> <p>Hardboiled Egg FF Yogurt WG Blueberry Muffin Orange Juice &amp; Milk (2)</p> <hr/> <p>VG Fiesta Chickenless Salad Coleslaw IW Fruit Mix</p> <hr/> <p>Veg Fish Sub Meatless Veg Braised Savory Tomatoes Mashed Potatoes Scandinavian Veg Blend WW Dinner Roll w/ Smart Balance IW Peach</p>	<p><b>10</b></p> <p>Raisin Bran Granola Honey Bar FF Yogurt Orange Pineapple Juice &amp; Milk (2)</p> <hr/> <p>Veggie Egg Salad Carrot Raisin Salad WW Bread w/ Smart Balance SF Pear Crisp</p> <hr/> <p>Veg Meatless Patty Cilantro Lime Rice Fiesta Veg Blend SF Pudding</p>	<p><b>11</b></p> <p>Cottage Cheese WW Bread w/Smart Balance &amp; Sf Jelly Orange Juice &amp; Milk (2)</p> <hr/> <p>Pasta w/ Butternut Squash &amp; Feta Cheese Tomato &amp; Red Onion Spring Mix WW Bread w/ Smart Balance Canned Apricot</p> <hr/> <p>Veg Chickenless Strips Sweet &amp; Sour Sauce Rice Pilaf Oriental Veg Blend Fresh Orange</p>	<p><b>**12**</b></p> <p><b>**Spring Celebration**</b></p> <p>WG Waffle w/ Smart Balance &amp; SF Syrup FF Yogurt Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Cilantro Chickenless Salad Beets &amp; Mango Salad WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Breaded Chickenless Patty w/ Pineapple Glaze Yam's Chef Cut Vegetables WW Bread w/ Smart Balance Carrot Cake Diet: Fresh Fruit</p> 
<p><b>15</b></p> <p>Cottage Cheese WW Bread w/Smart Balance &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>VG Chickenless Cranberry Basil Salad Barley &amp; Mushroom Salad WG Crackers (1pk) IW Fruit Mix</p> <hr/> <p>Veg Meatless Meatballs Veg Country Mushroom Gravy Sweet Potatoes Italian Veg. Blend WW Dinner Roll w/ Smart Balance Canned Apricot</p>	<p><b>16</b></p> <p>Hardboiled Egg Granola Honey Bar FF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Carrot Raisin Salad Fresh Orange</p> <hr/> <p>Veg Chickenless Patty Veg Apricot Sauce Mashed Potatoes Succotash Veg SF Custard</p>	<p><b>17</b></p> <p>Oatmeal FF Yogurt WW Bread w/ Peanut Butter &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Veg Chickenless Strips Curry Salad Lemon Orzo Salad WG Crackers (1pk) IW Pineapple Tidbits</p> <hr/> <p>Spinach &amp; Mushroom Quiche Roasted Baby Potatoes Scandinavian Veg. WW Dinner Roll w/ Smart Balance Mandarin Oranges</p>	<p><b>18</b></p> <p>All Bran FF Yogurt Blueberry Oatmeal Bar Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Mediterranean Chickpea Salad w/ Chickenless Strips Pineapple Coleslaw WW Dinner Roll w/ Smart Balance IW Peach Cup</p> <hr/> <p>Diced Tofu Veg Coconut Curry Sauce Jasmine Rice Carrots SF Fruited Gelatin</p>	<p><b>19</b></p> <p>WG Waffle LF Yogurt Smart Balance &amp; SF Syrup Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Southwest Chickenless Pasta Salad Tomato &amp; Cucumber Salad WW Bread w/ Smart Balance SF Cookie</p> <hr/> <p>Veg Chickenless Tenders Veg Creole Sauce Fettuccini Mixed Vegetable Blend WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p>

Voluntary Contribution \$5.25 per day.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22</b> WG Waffle w/ Smart Balance & SF Syrup FF Yogurt Orange Juice & 1% Milk (2)	<b>23</b> Hardboiled Egg WW Bread (2) Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	<b>24</b> Cottage Cheese Granola Honey Bar Orange Juice & 1% Milk (2)	<b>25</b> Oatmeal FF Yogurt Orange Juice & 1% Milk (2)	<b>26</b> Raisin Bran WW Bread w/Smart Balance & SF Jelly FF Yogurt Orange-Pineapple Juice & 1% Milk (2)
Veg Tarragon Chickenless Salad w/ Yogurt Dressing Lemony Orzo Salad WW Dinner Roll w/ Smart Balance IW Mandarin Orange	Tuscan Diced Tofu & White Bean Salad Carrot Raisin Salad WW Dinner Roll w/ Smart Balance Fresh Orange	1/2 Classic Egg Salad Sandwich Barley & Black Bean Salad Spring Mix WW Bread (1) SF Ambrosia	Vegetarian Creamy Chickenless Pesto Salad Farro w/ Butternut Squash Spring Mix WW Bread w/ Smart Balance Fresh Apple	Harvest Salad w/ Cranberries, Almonds & Chickenless Strips on Spring Mix Italian Dressing Garbanzo & Zucchini Salad SF Fruited Gelatin
Vietnamese Lemongrass Chicken Patty Sub Lemongrass Sauce Brown Rice Oriental Veg Blend SF Apple Crisp	Veg Meatless Meatball Veg Country Mushroom Gravy Mashed Potatoes Mixed Vegetables Fresh Apple	Veg Chickenless Tenders Veg Florentine Sauce Bowtie Pasta Peas & Carrots IW Fruit Mix	Macaroni & Cheese Stewed Tomatoes Green Beans WW Dinner Roll w/ Smart Balance Fresh Orange	Veg Baked Fish Sub Meatless Veg Lemon Herb Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple
<b>29</b> Cottage Cheese WW Bread w/ Smart Balance & SF Jelly Orange Juice & Milk (2)	<b>30</b> Oatmeal w/ Raisin Box Granola Honey Bar FF Yogurt Orange-Pineapple Juice & 1% Milk (2)			
Veg. Chickenless Green Beans & Tomato Salad Healthy Veggie Salad Fresh Orange	Couscous w/ Feta Cheese Tomato & Zucchini WW Bread w/ Smart Balance SF Apple Crisp			
Breakfast for Dinner Omelet Salsa Peas & Carrots Baked Red Skin Potatoes WW Dinner Roll w/ Smart Balance IW Fruit Mix	Veg Chicken Sub Patty Veg Country Gravy Mashed Potatoes Scandinavian Veg. Blend Cranberry Sauce IW Pineapple Tidbits			

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.