



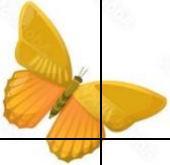






## Asian Menu Home Delivery Meals May Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>Hardboiled Egg WW Bread w/ Smart Balance &amp; SF Jelly 1% Milk (2) &amp; Orange Juice</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef Carrifruit WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Chicken in Tamarind Jasmine Rice Stir-Fried Broccoli Mandarin Orange Sesame Seeds</p> 	<p><b>2</b></p> <p>Raisin Bran LF Yogurt 1% Milk (2) &amp; Orange Pineapple Juice</p> <hr/> <p>Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix Lemony Lentil Salad Tortilla Strips IW Pineapple Tidbits Cilantro Lime Dressing</p> <hr/> <p>Stir-Fried Chicken with Vegetables Fried Rice w/ Pineapple Squash Medley SF Ambrosia</p>	<p><b>3</b></p> <p><b>***5 de Mayo Celebration***</b></p> <p>WG Waffle Smart Balance &amp; SF Syrup LF Yogurt 1% Milk (2) &amp; Orange Juice</p> <hr/> <p>Poppy Seed Chicken Pasta Salad Green Pepper &amp; Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange</p> <hr/> <p>Chicken Tamale Garnish: Mexican Cheese Black Beans Fajita Veg Mix Rice Pudding Diet Fresh Fruit</p>  
	<p><b>6</b></p> <p>Hardboiled Egg WW Bread w/ Smart Balance SF Jelly 1% Milk (2) &amp; Orange Pineapple Juice</p> <hr/> <p>Signature Chicken Salad Black Beans &amp; Corn WW Dinner Roll w/ Smart Balance SF Cake</p> <hr/> <p>Sliced Beef w/ Snow Peas Jasmine Rice Stir-Fry Gai Lan SF Fruited Gelatin Chopped Red Pepper</p> 	<p><b>7</b></p> <p>Cottage Cheese WW Bread 1% Milk (2) &amp; Orange Juice Peanut Butter/ SF Jelly</p> <hr/> <p>Provencal Tuna Salad Herbed Farro w/ Nuts, Feta &amp; Cucumber WW Dinner Roll w/ Smart Balance IW Mandarin Orange</p> <hr/> <p>Chicken w/ Kung Pao Sauce Pan Fried Noodles Green Beans RS Apple Crisp</p>	<p><b>8</b></p> <p>Raisin Bran LF Yogurt 1% Milk (2) &amp; Orange Juice</p> <hr/> <p>Meatloaf Sandwich Spring Mix Carrot Raisin Salad WG Hamburger Bun Mayonnaise &amp; Mustard Pineapple Tidbits</p> <hr/> <p>Orange Chicken Orange Sauce Jasmine Rice Stir-Fry Bok Choy Almond Cookie</p>	<p><b>9</b></p> <p>WG Waffle w/ Smart Balance/ SF Syrup 1% Milk (2) &amp; Orange Pineapple Juice</p> <hr/> <p>Greek Quinoa Chicken Salad w/ Balsamic Dressing California Salad WW Dinner Roll w/ Smart Balance IW Peaches</p> <hr/> <p>Roast Pork Sweet Citrus Glaze Pineapple Fried Rice Broccoli &amp; Cauliflower SF Ambrosia</p>
<p><b>13</b></p> <p>Oatmeal Granola Honey Bar LF Yogurt Orange Juice &amp; 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 Stir-Fry Bok Choy Chopped Cilantro Fresh Orange</p>	<p><b>14</b></p> <p>WG Waffle w/ Smart Balance &amp; SF Syrup LF Yogurt 1% Milk (2) &amp; Orange Pineapple Juice</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 &amp; Carrots WW Dinner Roll w/ Smart Balance RS Apple Crisp</p>	<p><b>15</b></p> <p>Cottage Cheese WW Bread w/ Peanut Butter &amp; SF Jelly 1% Milk (2) &amp; Orange Juice</p> <hr/> <p>Beef Barley w/ Mango Dressing Confetti Rice Salad WW Dinner Roll w/ Smart Balance SF Fruited Gelatin</p> <hr/> <p>Tofu w/ Pork &amp; Tomato Pan Fried Egg Noodles Stir-Fry Gai Lan Chopped Green Onions Almond Cookie</p>	<p><b>16</b></p> <p>Hard Boiled Egg WW Bread w/ Smart Balance &amp; SF Jelly 1% Milk (2) &amp; Orange Pineapple Juice</p> <hr/> <p>Heart Healthy Garbanzo Salad Beets &amp; Orange WW Crackers (2pk) SF Pudding</p> <hr/> <p>Chicken w/ Chestnuts Brown Rice Stir-Fry Cauliflower &amp; Broccoli WW Dinner Roll w/ Smart Balance Chopped Cilantro Fresh Apple</p>	<p><b>17</b></p> <p>Raisin Bran LF Yogurt 1% Milk (2) &amp; Orange Juice</p> <hr/> <p>Asian Cabbage w/ Diced Chicken &amp; Thai Dressing Tomato &amp; Cucumber WW Dinner Roll w/ Smart Balance Mandarin Orange</p> <hr/> <p>Shrimp &amp; Pork in Hot Sauce Fried Rice w/ Pineapple Braised Mushroom w/ Tofu Sesame Seeds Chopped Onion Mandarin Orange</p>

## Asian Menu Home Delivery Meals May Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Bagel w/ Cream Cheese LF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Tuscan Tuna & White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance SF Ambrosia <hr/> Chicken w/ Rice Noodles & Vegetables Stir Fried Bok Choy w/ Oyster Sauce WW Dinner Roll w/ Smart Balance SF Cake	Hardboiled Egg LF Yogurt WG Blueberry Muffin w/Smart Balance Orange Juice & Milk (2) <hr/> Herbed Farro Salad w/Nuts, Feta & Cucumber Barley, Corn & Mango Salad WW Bread w/Smart Balance Mandarin Orange <hr/> Baked Fish Lemongrass Sauce Pan Fried Noodles Braised Mushroom w/ Tofu WW Dinner Roll w/ Smart Balance Chopped Cilantro SF Fruited Gelatin	Raisin Bran Granola Honey Bar LF Yogurt Orange Pineapple Juice & Milk (2) <hr/> Chickpea Egg Salad Spring Mix Carrot Raisin Salad WW Dinner Roll w/Smart Balance SF Pear Crisp <hr/> Chicken in Turmeric Peanut Sauce Rice Pilaf Green Beans Chopped Green Onions Almond Cookie	Oatmeal WW Bread w/Smart Balance & Sf Jelly Orange Juice & Milk (2) <hr/> Beef Patty Potato Salad Tomato & Onion Salad Mayonnaise & Mustard WW Hamburger Bun IW Fruit Mix <hr/> Pork Roast Hui Hui Pineapple Sauce Jasmine Rice Stir-Fry Oriental Veg Mix Sesame Seeds Fresh Orange	Omelet WW Bread w/Smart Balance & SF Jelly Orange Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple <hr/> Vietnamese Beef Curry Jasmine Rice Sliced Carrots Chopped Onions WW Dinner Roll w/ Smart Balance RS Pear Crisp
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>***Memorial Day Celebration***</b> <b>CLOSED</b> <hr/> BBQ McRib BBQ Sauce Mashed Potatoes / Carrots Cornbread w/Smart Balance Apple pie 1% Milk Diet: Fresh Fruit  	Hard Boiled Egg LF Yogurt Granola Honey Bar Orange-Pineapple Juice & 1% Milk (2) <hr/> Shredded Pork Taco (Shredded Pork, Pinto Beans, Corn & Cheese) Mexican Quinoa Salad Tortilla (2) Fresh Orange <hr/> Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Squash Medley Sesame Seeds SF Cake	Oatmeal WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2) <hr/> Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie <hr/> Curry Chicken Jasmine Rice Stir Fry Supreme Mixed Veg Dinner Roll w/ Smart Balance Chopped Green Onion & Sesame Seeds SF Ambrosia	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 <hr/> Beef Ragout Rice Pilaf Broccoli Chopped Cilantro Almond Cookie	WG Waffle LF Yogurt Smart Balance & SF Syrup Orange Juice & 1% Milk (2) <hr/> Sliced Turkey w/ Hummus. Corn, Lima Beans & Tomato Salad WW Bread SF Fruited Gelatin <hr/> Chicken Stir-Fried with Vegetables Fried Rice w/ pineapple Capri veg. Blend 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.