






**Hispanic Home Delivered Meals Menu - May 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		Hard Boiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Juice & 1% Milk (2)	Raisin Bran LF Yogurt Orange Pineapple Juice & 1% Milk (2)	<b>***5 De Mayo Celebration***</b> WG Waffle LF Yogurt Smart Balance & SF Syrup Orange Juice & 1% Milk (2)
		Thai Citrus Crunch Salad w/ Roast Beef Carrifruit Salad WW Dinner Roll w/ Smart Balance Fresh Apple	Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Lemony Lentil Salad Tortilla Strips IW Pineapple Tidbits Cilantro Lime Dressing	Poppy Seed Chicken Pasta Salad Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Orange
		Pork w/ Chile Verde Black Beans Broccoli Tortilla SF Custard	Chicken Tinga Plate Brown Rice & Black Beans Carrots Tortilla Fig Bar	Chicken Tamale Garnish: Mexican Cheese Black Beans Fajita Veg Mix Rice Pudding Diet Fresh Fruit <b>HAPPY CINCO DE MAYO</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice & 1% Milk (2)	Raisin Bran LF Yogurt Orange Juice & 1% Milk (2)	WG Waffle Smart Balance & SF Syrup Orange Pineapple Juice & 1% Milk (2)	<b>***Mother's Day Celebration***</b> Oatmeal Granola Honey Bar and LF Yogurt Orange Juice & Milk (2)
Signature Chicken Salad Black Beans & Corn WW Dinner Roll w/ Smart Balance SF Cake	Provencal Tuna Salad Herbed Farro w/ Nuts, Feta & Cucumber WW Dinner Roll w/ Smart Balance IW Mandarin Orange	Meatloaf Sandwich w/Spring Mix Carrot Raisin WG Hamburger Bun Mayonnaise & Mustard Pineapple Tidbits	Greek Quinoa Chicken Salad w/ Balsamic Dressing California Salad WW Dinner Roll w/ Smart Balance IW Peaches	Chef's Salad on Spring Mix (LS Sliced Turkey, Egg, Shredded Swiss Cheese, Peppers, Corn & Shredded Carrots) Lemon Vinaigrette Barley & Mango Salad WW Dinner Roll w/ Smart Balance SF Cookie
Pork Carnitas Tomatillo Sauce Kidney & Garbanzo Beans Fiesta Veg Blend Corn Tortilla Pico de Gallo SF Fruited Gelatin	Ground Turkey Picadillo Sauce Red Skin Potatoes 5 Way Mixed Vegetables Corn Tortilla SF Pudding	Cubed Beef Fajitas Fajita Veg Blend Cilantro Lime Rice Broccoli Corn Tortilla Orange	Tilapia Fillet Chipotle Mango Dressing Rice Pilaf Winter Vegetable Blend Corn Tortilla SF Ambrosia	Chicken Cordon Bleu Rice Pilaf Chefs Cut Veg Blend WW Dinner Roll w/Smart Balance Lemon Cake Diet: Fresh Fruit
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Oatmeal & Granola Honey Bar LF Yogurt Orange Juice & 1% Milk (2)	WG Waffle w/Smart Balance & SF Syrup LF Yogurt Orange-Pineapple Juice & Milk (2)	Cottage Cheese WW Bread w/ Peanut Butter & SF Jelly Orange Juice & Milk (2)	Hardboiled Egg WW Bread w/ Smart Balance & SF Jelly Orange Pineapple Juice & Milk (2)	Raisin Bran LF Yogurt Orange Juice & Milk (2)
Mediterranean Quinoa Salad w/ Chicken and Feta Cheese with Balsamic Dressing Cucumber Walnut Salad WW Dinner Roll w/Smart Balance SF Cake	Mexican Tuna Salad on Spring Mix California Salad WW Dinner Roll w/ Smart Balance SF Ambrosia	Beef Barley Salad w/ Mango Dressing & Sliced Beef Confetti Rice Salad WW Dinner Roll w/ Smart Balance SF Fruited Gelatin	Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (2pk) SF Pudding	Asian Cabbage w/ Thai Dressing Salad & Diced Chicken Tomato & Cucumber Salad WW Dinner Roll w/ Smart Balance Mandarin Orange
Green Chicken Casserole Salsa Ranchera Pinto Beans Carrots Fresh Orange	Fish Taco Chipotle Mango Sauce Baby Baker Potato California Veg Tortilla SF Apple Crisp	Chicken Tinga Brown Rice & Black Beans Scandinavian Veg Blend Tortilla SF Cookie	Beef Fajitas Cubed Beef Fajita Blend Veg. Cilantro Lime Rice Tortilla Fresh Apple	Huevo Ranchero Patty Mexican Salsa Baby Baker Potatoes 5-Way Mixed Veg Tortilla Pico de Gallo SF Custard

Hispanic Home Delivered Meals Menu - March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>20</b></p> <p>Bagel w/ Cream Cheese LF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Tuscan Tuna &amp; White Bean Salad Black Bean w/ Lentil Salad WW Bread w/ Smart Balance SF Ambrosia</p> <hr/> <p>Ground Turkey Picadillo Sauce Red Skin Potatoes Scandinavian Veg Tortilla SF Cake</p>	<p><b>21</b></p> <p>Hardboiled Egg LF Yogurt WG Blueberry Muffin w/Smart Balance Orange Juice &amp; Milk (2)</p> <hr/> <p>Herbed Farro Salad w/Nuts, Feta &amp; Cucumber Barley, Corn, and Mango Salad WW Bread w/Smart Balance Mandarin Orange</p> <hr/> <p>Beef Barbacoa Spanish Rice Winter Veg Blend Tortilla SF Custard</p>	<p><b>22</b></p> <p>Raisin Bran Granola Honey Bar LF Yogurt Orange Pineapple Juice &amp; Milk (2)</p> <hr/> <p>Chickpea Egg Salad Spring Mix Carrot Raisin WW Dinner Roll w/Smart Balance SF Pear Crisp</p> <hr/> <p>Chicken Meatballs Mushroom Cream Sauce Jasmine Rice California Blend WW Dinner Roll w/Smart Balance SF Pudding</p>	<p><b>23</b></p> <p>Oatmeal WW Bread w/Smart Balance &amp; Sf Jelly Orange Juice &amp; Milk (2)</p> <hr/> <p>Beef Patty Potato Salad Tomato &amp; Onion Salad Mayonnaise &amp; Mustard WW Hamburger Bun IW Fruit Mix</p> <hr/> <p>Pork Carnitas Ranchera Especial Salsa Pinto Beans Carrots Tortilla Fresh Orange</p>	<p><b>24</b></p> <p>Omelet WW Bread w/Smart Balance &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Chicken Ranch Pasta Salad Zucchini &amp; Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple</p> <hr/> <p>Chicken Strips Fajitas Veg Blend Spanish Rice Corn Tortilla SF Fruited Gelatin</p>
<p><b>27</b></p> <p>***Memorial Day Celebration*** <b>CLOSED</b></p> <hr/> <p>BBQ McRib BBQ Sauce Mashed Potatoes &amp; Carrots  Cornbread w/Smart Balance Apple pie 1% Milk Diet: Fresh Fruit</p> <hr/> <p></p>	<p><b>28</b></p> <p>Hard Boiled Egg LF Yogurt Granola Honey Bar Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Shredded Pork Taco (Shredded Pork, Pinto Beans, Corn &amp; Cheese) Mexican Quinoa Salad Tortilla Fresh Orange</p> <hr/> <p>Carne con Chile Beef Chili Sauce Pinto Beans Scandinavian Veg Tortilla SF Custard</p>	<p><b>29</b></p> <p>Oatmeal WW Bread w/ Peanut Butter &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Vietnamese Chicken Salad Asian Cucumber Salad Confetti Rice Salad SF Cookie</p> <hr/> <p>Chicken Tinga Brown Rice &amp; Black Beans Carrots Ambrosia</p>	<p><b>30</b></p> <p>All Bran LF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Pasta w/Butternut Squash &amp; Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance IW Peach Cup</p> <hr/> <p>Fish Taco Chipotle Mango Sauce Baby Baker Potatoes Winter Veg Blend Tortilla Fresh Apple</p>	<p><b>31</b></p> <p>WG Waffle LF Yogurt Smart Balance &amp; SF Syrup Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Sliced Turkey w/ Hummus. Corn, Lima Beans &amp; Tomato Salad WW Bread SF Fruited Gelatin</p> <hr/> <p>Green Chicken Casserole Fajitas Veg. Blend Pinto Beans 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.