







## Home Delivered Meals May Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>Hard Boiled Egg WW Bread w/ Smart Balance &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef Carrifruit WW Dinner Roll w/ Smart Balance Fresh Apple</p> <hr/> <p>Pork w/ Chile Verde Black Beans Broccoli Tortilla SF Egg Custard</p>	<p><b>2</b></p> <p>Raisin Bran LF Yogurt Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn &amp; Shredded Cheese) Lemony Lentil Salad Tortilla Strips Cilantro Lime Dressing IW Pineapple Tidbits</p> <hr/> <p>Stir Fried Chicken w/ Vegetables Fried Rice w/ Pineapple Squash Medley SF Ambrosia</p>	<p><b>3</b></p> <p><b>***5 De Mayo Celebration***</b> WG Waffle Smart Balance &amp; SF Syrup LF Yogurt Orange Juice &amp; 1% Milk (2)</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 &amp; SF Jelly Orange-Pineapple Juice &amp; 1% Milk (2)</p> <hr/> <p>Signature Chicken Salad Black Beans &amp; Corn WW Dinner Roll w/ Smart Balance SF Cake</p> <hr/> <p>Pork Carnitas Tomatillo Sauce Kidney &amp; Garbanzo Beans Fiesta Veg Blend Tortilla Pico de Gallo SF Fruited Gelatin</p>	<p><b>7</b></p> <p>Cottage Cheese WW Bread w/ Peanut Butter &amp; SF Jelly Orange Juice &amp; 1% Milk (2)</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>Turkey Pot Roast Brown Gravy Mashed Potatoes Peas &amp; Carrots SF Pudding</p>	<p><b>8</b></p> <p>Raisin Bran LF Yogurt Orange Juice &amp; 1% Milk (2)</p> <hr/> <p>Meatloaf Sandwich Spring Mix Carrot Raisin Salad Mayonnaise &amp; Mustard WG Hamburger Bun Pineapple Tidbits</p> <hr/> <p>Diced Chicken Orange Sauce Jasmine Rice Stir-Fried Bok Choy Almond Cookie</p>
<p><b>13</b></p> <p>Oatmeal &amp; 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>Chicken Meatballs with Sweet Citrus Glaze Sauce Orzo Pilaf California Veg Blend Fresh Orange</p>	<p><b>14</b></p> <p>WG Waffle w/Smart Balance &amp; SF Syrup LF Yogurt Orange-Pineapple Juice &amp; Milk (2)</p> <hr/> <p>Mexican Tuna Salad on Spring Mix California Salad WW Dinner Roll w/ Smart Balance SF Ambrosia</p> <hr/> <p>Macaroni &amp; Cheese Diced Tomatoes Sliced Carrots WW Dinner Roll w/ Smart Balance SF Apple Crisp</p>	<p><b>15</b></p> <p>Cottage Cheese WW Bread w/ Peanut Butter &amp; SF Jelly Orange Juice &amp; Milk (2)</p> <hr/> <p>Beef Barley Salad w/ Mango Dressing &amp; Sliced Beef 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-Fried Gai Lan Almond Cookie</p>	<p><b>16</b></p> <p>Hardboiled Egg WW Bread w/ Smart Balance &amp; SF Jelly Orange Pineapple Juice &amp; Milk (2)</p> <hr/> <p>Heart Healthy Garbanzo Salad Beets &amp; Orange Salad WW Crackers (2pk) SF Pudding</p> <hr/> <p>Pork Tenderloin Honey Garlic Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance Fresh Apple</p>	<p><b>17</b></p> <p>Raisin Bran LF Yogurt Orange Juice &amp; Milk (2)</p> <hr/> <p>Asian Cabbage w/ Thai Dressing Salad &amp; Diced Chicken Tomato &amp; Cucumber Salad WW Dinner Roll w/ Smart Balance Mandarin Orange</p> <hr/> <p>Huevo Ranchero Patty Mexican Salsa Baby Baker Potatoes 5-Way Mixed Veg Tortilla Pico de Gallo SF Custard</p>



## Home Delivered Meals May Menu 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>Chicken Breast Parmesan &amp; Sundried Tomato Sauce Tri-Color Pasta Capri Veg Blend WW Dinner Roll w/ Smart Balance 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 Mango Salad WW Bread w/Smart Balance Mandarin Orange</p> <hr/> <p>LS Turkey Turkey Gravy Sweet Potatoes Scandinavia Veg. Blend WW Dinner Roll w/Smart Balance 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 Roast Hui Hui Pineapple Sauce Jasmine Rice Stir Fry Oriental Veg Mix 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> <p></p> <p><b>HAPPY Memorial Day</b></p> <p><small>IN HONOR OF OUR HEROES</small></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 (2) Fresh Orange</p> <hr/> <p>Stir-Fried Beef w/ Snow Peas Pan Fried Noodles Squash Medley SF Cake</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>Braised Cubed Beef Burgundy Sauce Sweet Potatoes Spinach Dinner Roll w/ Smart Balance 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>Breakfast for Dinner Omelet Chicken Sausage (1) Baby Baked Potatoes Capri Veg Blend WW Blueberry Muffin w/Smart Balance 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.