



Asian Home Delivered Meals May Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WG Waffle w/ SF Syrup FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Chicken Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) IW Peach	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey Spring Mix Mexican Style Salad Mayo/ Mustard IW Pears
			Beef Ragout Broccoli Brown Rice Chopped Cilantro Fresh Apple	Stir Fry Chicken w/ Vegetables Capri Vegetables & Carrots Egg Noodle WW Dinner Roll w/ Smart Balance Fresh Orange
5	6	7	8	9
WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Tarragon Chicken Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Italian Dressing IW Mandarin Orange **Cinco de Mayo Celebration** Pork Carnitas Tacos WG Mini White Corn Tortillas (2) Pico de Gallo & Sliced Lemon Black Beans Spanish Rice IW Pears Flan	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chicken Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange Chicken in Ginger Sauce Italian Veg Blend Pineapple Fried Rice IW Peach	WW Bread w/ Cottage Cheese WG Cheerios FF Yogurt SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad WW Dinner Roll (2) w/ Smart Balance IW Pears Fish in Asian Sauce Scandinavian Blend Jasmin Rice Chopped Green Onion Fresh Apple	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Creamy Chicken Pesto Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach Orange Chicken Chicken w/ Orange Sauce Stir Fry Bok Choy Jasmin Rice IW Mandarin Orange	Hardboiled Egg (1) WG Cheerios FF Yogurt LF String Cheese Orange Pineapple Juice & 1% Milk (2) Mediterranean Tuna Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Orange Pepper Garlic Beef Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Crackers (4pk) IW Pineapple Chunks
12	13	14	15	16
WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) IW Pears **Mother's Day Celebration** Chicken Cordon Bleu Sliced Carrots Rice Pilaf IW Tropical Fruit Mix Tiramisu Cup	WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Dinner Roll (2) IW Mandarin Orange Shrimp & Pork in Hot Sauce Stir Fry Supreme Veg Blend Brown Rice Sesame Seeds/ Chopped Onion Fresh Orange	WG Cheerios WW Bread FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Peach Chicken in Tamarind Broccoli & Carrots Jasmine Rice Sesame Seeds Fresh Apple	WG Oatmeal Pouch WW Bread w/ SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Dinner Roll (2) Cilantro Lime Dressing IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice Fresh Orange	WG Raisin Bran Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Fish in Tomato Sauce Peas & Carrots Rice Pilaf Chopped Green Onion Fresh Apple





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
WW Bread w/ SF Jelly WG Oatmeal Pouch LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach Breaded Fish Sweet Citrus Glaze Sauce Stir Fried Gai Lan Brown Rice Fresh Apple	WG Cheerios Hardboiled Egg (1) FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll (2) IW Pineapple Chunks Stir-Fry Beef w/ Snow Peas Broccoli Jasmine Rice WW Crackers (2pk) Chopped Red Pepper Fresh Apple	WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Meatloaf Sandwich Meatloaf w/ WG Hamburger Bun Corn, Lima Bean & Tomato Salad Spring Mix Ketchup Italian Dressing IW Mandarin Orange Chicken Breast w/ Coconut Curry Sauce Sliced Carrots Egg Noodle WW Crackers (4pk) IW Peach	WW Bread (2) w/ SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Pear Roast Pork Sweet Citrus Glaze Broccoli & Cauliflower Pineapple Fried Rice Fresh Apple	WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2) Chef's Salad (Sliced Turkey, Egg, Peppers, Corn, Carrots, Cucumber, Shredded Swiss Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Apple Chicken in Ginger Sauce Mixed Vegetables Brown Rice Chopped Green Onions IW Pineapple Chunks
26	27	28	29	30
Memorial Day Celebration BBQ McRib Pork w/ BBQ Sauce Corn Brown Rice Fresh Apple Lemon Cake 1% Milk	WG Waffle w/ SF Syrup & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing SF Ambrosia Pork Tenderloin w/ Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple	WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Barley Salad w/ Mango Dressing & Sliced Beef Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) Fresh Apple Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmine Rice IW Pineapple Chunks	WG Cheerios Hardboiled Eggs (2) Orange-Pineapple Juice & 1% Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad Spring Mix WW Crackers (4pk) IW Peach Pork in Five Spice Sauce Mixed Vegetables Jasmine Rice WW Dinner Roll (2) Chopped Cilantro Fresh Orange	WW Bread (2) w/ Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad Dinner Roll (2) IW Mandarin Orange Shrimp & Pork in Hot Sauce Peas & Carrots Pineapple Fried Rice Sesame Seeds & Chopped Onion IW Pears

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.

Voluntary Contribution \$5.25 per day

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