




Lactose Free Home Delivered Meals May Menu 2025



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | | <p style="text-align: center;">1</p> <p>WG Oatmeal LF Yogurt (2) Orange Pineapple Juice & LF Milk (2) LF Greek Chicken Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Crackers (4pk) WW Dinner Roll IW Peach</p> <hr/> <p>Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (1) Fresh Apple</p> | | <p style="text-align: center;">2</p> <p>WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey LF Mexican Style Salad Mayo/ Mustard IW Pears</p> <hr/> <p>Roast Beef w/ LF Gravy Sweet Potatoes Cooked Spinach WW Dinner Roll (2) Fresh Orange</p> |
| | | <p style="text-align: center;">3</p> <p>WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) LF Tarragon Chicken Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Crackers (4pk) WW Dinner Roll IW Mandarin Orange</p> <hr/> <p>**Cinco de Mayo Celebration** Pork Carnitas Tacos WG White Corn Mini Tortillas (2) Pico de Gallo & Lemon Slice Black Beans Spanish Rice IW Pears IW Peach Pie</p> | <p style="text-align: center;">6</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Chicken Pasta Salad w/ LF Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Balsamic Dressing Fresh Orange</p> <hr/> <p>Penne Pasta w/ Marinara Sauce LS Ground Turkey Italian Veg Blend IW Pineapple Chunks</p> | <p style="text-align: center;">7</p> <p>WW Bread w/ SF Jelly & Smart Balance WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears</p> <hr/> <p>Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple</p> |
| <p style="text-align: center;">4</p> <p>WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll (2) w/ Smart Balance IW Peach</p> <hr/> <p>Pulled Pork w/ Tomatillo Sauce Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) Fresh Apple</p> | <p style="text-align: center;">13</p> <p>WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix Balsamic Dressing IW Mandarin Orange</p> <hr/> <p>Sliced Turkey w/ LF Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange</p> | <p style="text-align: center;">14</p> <p>WG Oatmeal Pouch WW Bread LF Yogurt Orange-Pineapple Juice & LF Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, LF Shredded Cheese) Spring Mix Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend & Carrots Brown Rice WW Dinner Roll (2) Fresh Orange</p> | <p style="text-align: center;">15</p> <p>WG Raisin Bran Granola Honey Bar LF Yogurt (2) Orange Juice & LF Milk (2) Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Crackers (4pk) IW Tropical Fruit Mix</p> <hr/> <p>LF Spinach & Mushroom Quiche Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) Fresh Apple</p> | |
| <p style="text-align: center;">5</p> <p>WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Chicken w/ Green Beans & Tomato Salad LF Mexican Style Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) IW Pears</p> <hr/> <p>**Mother's Day Celebration** Chicken Breast LF Parmesan Sundried Tomato Sauce Sliced Carrots Rice Pilaf IW Tropical Fruit Mix IW Cherry Pie</p> | <p style="text-align: center;">12</p> <p>WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix Balsamic Dressing IW Mandarin Orange</p> <hr/> <p>Sliced Turkey w/ LF Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange</p> | <p style="text-align: center;">16</p> <p>WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix Balsamic Dressing IW Mandarin Orange</p> <hr/> <p>Sliced Turkey w/ LF Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange</p> | <p style="text-align: center;">17</p> <p>WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix Balsamic Dressing IW Mandarin Orange</p> <hr/> <p>Sliced Turkey w/ LF Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange</p> | |

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 19 | 20 | 21 | 22 | 23 |
| WG Oatmeal Pouch LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) | WG Cheerios Granola Honey Bar LF Yogurt (2) Orange Juice & LF Milk (2) | WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) | WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) | WG Cheerios LF Yogurt Orange Juice & LF Milk (2) |
| LF Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll w/ Smart Balance Balsamic Dressing IW Peach | Chicken Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks | Beef Hamburger WG Hamburger Bun w/ Beef Patty Corn, Lima Bean & Tomato Salad Spring Mix Mayo/ Mustard IW Mandarin Orange | LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Pear | LF Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, LF Shredded Swiss Cheese) Spring Mix WW Dinner Roll (2) LF Homemade Ranch Dressing Fresh Apple |
| Breaded Fish Broccoli WG White Corn Tortilla (2) Spanish Rice Pico de Gallo Fresh Apple | Turkey Pot Roast w/ LF Brown Gravy Peas & Carrots LF Mashed Potatoes WW Crackers (2pk) Fresh Orange | Chicken Breast w/ LF Coconut Curry Sauce Sliced Carrots Egg Noodle WW Crackers (4pk) IW Tropical Fruit Mix | Roast Beef w/ LF Brown Gravy Cooked Spinach Brown Rice Fresh Apple | Pork Carnitas Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks |
| **26** | 27 | 28 | 29 | 30 |
| **Memorial Day Celebration** | WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) | WG Oatmeal Pouch LF Yogurt (2) WW Bread Orange Juice & LF Milk (2) | WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & LF Milk (2) | WG Raisin Bran LF Yogurt (2) Orange Juice & LF Milk (2) |
| BBQ McRib Pork w/ BBQ Sauce Corn & Carrots Brown Rice IW Peaches IW Apple Pie LF Milk | Mexican Tuna Salad Tomato Cucumber Salad WW Bread (2) IW Tropical Fruit Mix | Barley Salad w/ Mango Dressing & Sliced Beef Corn, Lima Beans & Tomato Salad Spring Mix WW Dinner Roll (2) Fresh Apple | LF Healthy Garbanzo Salad Beets & Orange Salad WW Dinner Roll IW Peach | Chicken Thai Citrus Crunch Salad LF Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll IW Mandarin Orange |
| | Pork Tenderloin w/ Sweet Citrus Glaze Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll (2) Fresh Apple | Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmine Rice IW Pineapple Chunks | Fish Tacos WG White Mini Corn Tortillas (4) w/ Fish Sticks (3) Pico de Gallo Mixed Vegetables Baby Baker Potato IW Mandarin Orange | Diced Chicken Salsa Ranchera Peas & Carrots Mexican Rice WG White Corn Tortillas (2) 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