

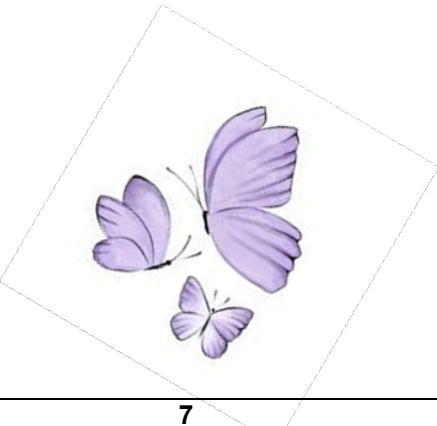
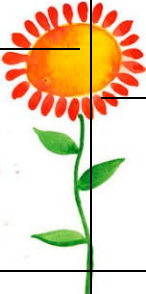
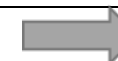


Multicultural Home Delivered Meals May Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
									
						<p>1</p> <p>WG Waffle w/ SF Syrup & Smart Balance FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Greek Chicken Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Homemade Ranch Dressing IW Peach</p> <hr/> <p>Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (1) Fresh Apple</p>		<p>2</p> <p>WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Turkey Sandwich WW Bread (2) w/ Sliced Turkey Mexican Style Salad Mayo/ Mustard IW Pears</p> <hr/> <p>Roast Beef w/ Burgundy Sauce Sweet Potatoes Cooked Spinach WW Dinner Roll (2) w/ Smart Balance Fresh Orange</p>	
<p>**5**</p> <p>WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>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</p> <hr/> <p>**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</p>		<p>6</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Chicken Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange</p> <hr/> <p>Penne Pasta w/ Marinara Sauce LS Ground Turkey Italian Veg Blend Parmesan Cheese (1pkt) IW Pineapple Chunks</p>		<p>7</p> <p>WW Bread w/ Cottage Cheese WG Cheerios FF Yogurt SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>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>8</p> <p>WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Creamy Chicken Pesto Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) w/ Smart Balance IW Peach</p> <hr/> <p>Salisbury Steak w/ Mushroom Brown Gravy Broccoli Cuts Mashed Potatoes WW Crackers (4pk) IW Mandarin Orange</p> 		<p>9</p> <p>Hardboiled Egg (1) WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Mediterranean Tuna Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Orange</p> <hr/> <p>Pepper Garlic Beef Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks</p>	
<p>**12**</p> <p>WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Chicken w/ Green Beans & Tomato Salad Mexican Style Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) IW Pears</p> <hr/> <p>**Mother's Day Celebration** Chicken Cordon Bleu Sliced Carrots Rice Pilaf IW Tropical Fruit Mix Tiramisu Cup</p>		<p>13</p> <p>WG Oatmeal Pouch Hardboiled Egg (2) WW Bread FF Yogurt Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Italian Dressing IW Mandarin Orange</p> <hr/> <p>Sliced Turkey w/ Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange</p>		<p>14</p> <p>WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll (2) IW Peach</p> <hr/> <p>Pulled Pork w/ Tomatillo Sauce Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) Fresh Apple</p>		<p>15</p> <p>WG Oatmeal Pouch WW Bread Orange-Pineapple Juice & 1% Milk (2)</p> <hr/> <p>Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix Cilantro Lime Dressing IW Pineapple Chunks</p> <hr/> <p>Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice WW Dinner Roll (2) Fresh Orange</p>		<p>16</p> <p>WG Raisin Bran Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2)</p> <hr/> <p>Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Crackers (4pk) Italian Dressing IW Tropical Fruit Mix</p> <hr/> <p>Spinach & Mushroom Quiche Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) Fresh Apple</p>	





Multicultural Home Delivered Meals May Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
WW Bread w/ SF Jelly & Smart Balance 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 w/ Smart Balance Italian Dressing IW Peach Breaded Fish Broccoli WG White Corn Tortilla (1) Spanish Rice Pico de Gallo Fresh Apple	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Pineapple Chunks Turkey Pot Roast w/ Brown Gravy Peas & Carrots WG Corn Muffin WW Crackers (4pk) Fresh Orange	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 Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & S Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Italian Dressing IW Pear Roast Beef w/ Brown Gravy Cooked Spinach Bow Tie Pasta 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 w/ Smart Balance Homemade Ranch Dressing 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 BBQ McRib Pork w/ BBQ Sauce Corn Brown Rice IW Peaches 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 WW Bread (2) SF Ambrosia Pork Tenderloin w/ Sweet Citrus Glaze Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll (2) 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) w/ Smart Balance Homemade Ranch Dressing Fresh Apple Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmin Rice IW Pineapple Chunks	WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (4pk) IW Peach Fish Tacos WG White Mini Corn Tortillas (4) w/ Fish Sticks (3) Pico de Gallo Mixed Vegetables Baby Baker Potatoes IW Mandarin Orange	WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad Dinner Roll w/ Smart Balance 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.

