

## Vegetarian Home Delivered Meals May Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Chickenless Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Peach Spinach & Mushroom Quiche Scandinavian Veg Blend Vegetarian Spanish Rice Fresh Orange	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Classic Egg Salad Mexican Style Salad Spring Mix WW Bread (2) IW Pears Chickenless Tenders Veg Creole Sauce Mixed Vegetable WW Dinner Roll Fettuccini Pasta Fresh Orange
<b>**5**</b>	6	7	8	9
WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Tarragon Chickenless Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Mandarin Orange <b>**Cinco de Mayo Celebration**</b> Vegetarian Fish Tacos WG White Corn Mini Tortillas (2) w/ Fish Sub Pico de Gallo & Lemon Slice Black Beans Spanish Rice IW Pears Flan	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chickenless Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange Penne Pasta w/ Marinara Sauce Chickenless Tender Italian Veg Blend Parmesan Cheese (1pkt) IW Pineapple Chunks	WW Bread w/ SF Jelly WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears Chickenless Strips w/ Ranchera Sauce Fiesta Blend Vegetarian Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Creamy Chickenless Pesto Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) IW Peach Meatless Meatball VG Mushroom Brown Gravy Broccoli Cuts & Carrots Mashed Potatoes WW Dinner Roll IW Mandarin Orange	Hardboiled Egg (1) WG Cheerios FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2) Vegetarian Provencal Tofu Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Fresh Orange Beef Sub w/ Veg Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll IW Pineapple Chunks
<b>**12**</b>	13	14	15	16
Hardboiled Egg (1) WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Green Beans & Tomato Salad Mexican Style Salad Spring Mix WW Dinner Roll (2) IW Pears <b>**Mother's Day Celebration**</b> Meatless Burger Black Bean Vegan Country Mushroom Gravy 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 Breaded Chickenless Patty w/ Vegetarian Gravy Italian Veg Blend Fettuccini IW Mandarin Orange	Hardboiled Egg (1) WG Cheerios FF Yogurt (2) WW Bread Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Vegan Chicken Tender Spring Mix WW Cracker (4pk) WW Dinner Roll (2) IW Peach Vegetarian Enchilada Casserole Peas & Carrots Veg Cilantro Lime Rice IW Pears	WG Oatmeal Pouch WW Bread Orange-Pineapple Juice & 1% Milk (2) Vegan Taco Salad (Chickenless Sub, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Crackers (4pk) IW Pineapple Chunks Vegan Fish Fillet Oriental Veg Blend Brown Rice WW Dinner Roll Tartar Sauce Fresh Orange	WG Cheerios Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Sub Green Pepper & Tomato Salad WW Crackers (4pk) WW Dinner Roll (2) IW Tropical Fruit Mix Spinach & Mushroom Quiche Chickenless Sausage (1) Mixed Vegetables Baby Baked Potatoes Fresh Apple

Voluntary Contribution \$5.25 per day


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TURN OVER



## Vegetarian Home Delivered Meals May Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
WG Oatmeal Pouch WW Bread FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Chickenless Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll (2) IW Peach <hr/> Vegan Fish Green Beans Cooked Bowtie Pasta Tartar Sauce Fresh Apple	WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Chickenless Corn Pasta Salad Tomato Cucumber Salad WW Crackers (2pk) IW Pineapple Chunks <hr/> Chickenless Tender Chile Verde Pinto Beans Broccoli WG White Mini Corn Tortillas (2) Fresh Orange	WG Oatmeal Pouch Hardboiled Egg (2) FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Meatless Burger WG Hamburger Bun w/ Meatless Burger Patty Corn, Lima Beans & Tomato Salad Mayo/ Mustard IW Mandarin Orange <hr/> Garden Chili w/ Kidney Beans Carrots Mixed Vegetables WW Dinner Roll (2) IW Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) <hr/> Greek Quinoa Chickenless Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) IW Pears <hr/> Vegetarian Lasagna Broccoli & Carrots Brown Rice Fresh Apple	WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2) <hr/> Chef's Salad (Chickenless Chunk, Peppers, Corn, Carrots, Cucumber, Shredded Swiss Cheese) Spring Mix WW Dinner Roll Homemade Ranch Dressing Fresh Apple <hr/> Chickenless Strips Tomatillo Sauce Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks
**26**	27	28	29	30
<b>**Memorial Day Celebration**</b> <hr/> Chickenless Tenders w/ BBQ Sauce Corn & Carrots Brown Rice Fresh Orange Lemon Cake 1% Milk	WG Waffle w/ SF Syrup LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) IW Tropical Fruit Mix <hr/> Vegan Fish Fillet w/ Veg Diane Sauce Mixed Vegetables Fettuccini WW Dinner Roll Fresh Apple	WG Oatmeal Pouch Hardboiled Egg (1) FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) <hr/> Barley Salad w/ Mango Dressing & Chickenless Chicken Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) Fresh Apple <hr/> Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice IW Pears	WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2) <hr/> Heart Healthy Garbanzo Salad Beets & Orange Salad Spring Mix WW Dinner Roll (2) IW Peach <hr/> Tofu w/ Kung Pao Sauce Peas & Carrots Jasmine Rice Fresh Orange	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Chickenless Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll (2) IW Mandarin Orange <hr/> Pepper, Zucchini & Cheddar Frittata Vegan Chicken Tender Winter Vegetable Blend Vegetarian Mexican Rice WG White Corn Tortilla (1) Fresh Apple

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.

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