



Asian Home Delivered Meals June Menu 2025


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
WG Mini Bagel w/ Cream Cheese Hardboiled Egg (1) FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)
Tuna Salad Black Bean & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Italian Dressing Fresh Apple	Chicken Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) Italian Dressing IW Mandarin Orange	Turkey Sandwich WW Bread (2) w/ Roast Turkey & Spring Mix Green Pepper & Tomato Salad Mayo & Mustard IW Pears	Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Black Bean & Corn Salad Mayo & Mustard IW Peach	Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Apple
Chicken w/ Rice Noodle & Vegetables Stir Fried Gai Lan WW Dinner Roll w/ Smart Balance IW Peach	Orange Chicken Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	Baked Fish w/ Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll Chopped Cilantro Fresh Apple	Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Oriental Veg Blend Pan Fried Egg Noodles WW Crackers (2pk) Fresh Orange SF Cookie	Vietnamese Beef Curry Sliced Carrots Jasmine Rice Chopped Onions IW Pineapple Chunks
9	10	11	12	**13**
WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Waffle w/ SF Syrup FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)
Vietnamese Chicken Salad Spring Mix Confetti Rice Salad WW Dinner Roll (2) IW Peaches	Pork Taco Bowl (Pork, Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Cilantro Lime Dressing Fresh Orange	Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix	Greek Chicken Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) IW Peach	Turkey Sandwich WW Bread (2) w/ Sliced Turkey Spring Mix Mexican Style Salad Mayo/ Mustard IW Pears
Pork & Tofu in Caramel Sauce Carrots Brown Rice Fresh Apple	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Jasmine Rice WW Crackers (4pk) IW Pears	Curried Chicken Stir Fry Supreme Veg. Blend Jasmine Rice Chopped Green Onion w/ Sesame Seeds IW Mandarin Orange	Beef Ragout Broccoli Brown Rice Chopped Cilantro Fresh Apple	*Father's Day Celebration* Roast Beef w/ Brown Gravy Baby Baked Potatoes Broccoli & Carrots WW Dinner Roll (2) Fresh Orange Raspberry Double Chocolate Cake
16	17	18	19	**20**
WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/ Cottage Cheese WG Cheerios FF Yogurt (2)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt LF String Cheese Orange Pineapple Juice & 1% Milk (2)
Tarragon Chicken Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Mandarin Orange	Chicken Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange	SF Jelly & Smart Balance Orange-Pineapple 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	Mediterranean Tuna Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix & Homemade Ranch Dressing WW Bread (2) Fresh Orange
Fish Fillet Vietnamese Caramel Sauce Corn & Lima Beans Brown Rice Fresh Apple SF Cookie	Chicken in Ginger Sauce Italian Veg Blend Pineapple Fried Rice IW Peach	Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad WW Dinner Roll (2) w/ Smart Balance IW Pears	Orange Chicken Chicken w/ Orange Sauce Stir Fry Bok Choy Jasmin Rice IW Mandarin Orange	*First Day of Summer Celebration* Turkey Roast Black Beans & Carrots Hawaiian Roll Ketchup & Mayo Fresh Apple Mixed Berry Danish





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) <hr/> Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Crackers (4pk) WW Dinner Roll (2) IW Pears <hr/> Cubed Beef w/ Stew Gravy Stew Vegetables Broccoli Jasmin Rice IW Tropical Fruit Mix	WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & 1% Milk (2) <hr/> Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Dinner Roll (2) IW Mandarin Orange <hr/> 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) <hr/> Thai Citrus Crunch Salad w/ Roast Beef Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Peach <hr/> 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) <hr/> Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Dinner Roll (2) Cilantro Lime Dressing IW Pineapple Chunks <hr/> 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) <hr/> Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix <hr/> Fish in Tomato Sauce Peas & Carrots Rice Pilaf Chopped Green Onion Fresh Apple
30				
WW Bread w/ SF Jelly WG Oatmeal Pouch LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) <hr/> Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach <hr/> Breaded Fish Sweet Citrus Glaze Sauce Stir Fried Gai Lan Brown Rice 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.