



Multicultural Home Delivered Meals June Menu 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Tuna Salad Black Bean & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple Sliced Turkey w/ Turkey Gravy Sweet Potatoes Scandinavian Veg Blend WW Crackers (4pk) IW Peach	3 WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Chicken Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) Italian Dressing IW Mandarin Orange Tri-Color Pasta w/ Parmesan Sundried Tomato Sauce & Chicken Breast Corn & Carrots WW Dinner Roll w/Smart Balance Fresh Orange	4 WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Roast Turkey & Spring Mix Green Pepper & Tomato Salad Mayo & Mustard IW Pears Barbacoa Beef Pico de Gallo Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Mexican Rice Fresh Apple	5 WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Black Bean & Corn Salad Mayo & Mustard Canned Apricot Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Veg Blend Pan Fried Egg Noodles WW Crackers (2pk) Fresh Orange SF Cookie	6 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Italian Dressing Fresh Apple Vegetarian Enchiladas Casserole Broccoli & Carrots WG White Corn Tortilla (1) Brown Rice IW Pineapple Chunks
9 WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Vietnamese Chicken Salad Confetti Rice Salad WW Dinner Roll (2) w/ Smart Balance IW Peaches Breakfast for Dinner Omelet Hard Boiled Egg (1) Chicken Sausage (1) Capri Vegetables Baby Baked Potato WW Crackers (4pk) Fresh Apple	10 WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) 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 Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Jasmine Rice WW Crackers (4pk) IW Pears	11 Hard Boiled Egg (2) WG Raisin Bran WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chicken Salad Asian Cucumber Salad WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Cheese Ravioli w/ Marinara Sauce Broccoli Italian Veg Blend IW Mandarin Orange	12 WG Waffle w/ SF Syrup & Smart Balance 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 w/ Smart Balance Homemade Ranch Dressing IW Peach Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (1) Fresh Apple	**13** WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey Mexican Style Salad Mayo/ Mustard IW Pears *Father's Day Celebration* Roast Beef w/ Brown Gravy Baby Baked Potatoes Broccoli WW Dinner Roll (2) Fresh Orange Raspberry Double Chocolate Cake
16 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 Fish Fillet Corn & Lima Beans WG White Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix Ranchera Sauce	17 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese 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 Penne Pasta w/ Marinara Sauce LS Ground Turkey Italian Veg Blend Parmesan Cheese (1pkt) IW Pineapple Chunks	18 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 w/ Smart Balance IW Pears Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple	19 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 WW Dinner Roll (2) w/ Smart Balance IW Peach Salisbury Steak w/ Mushroom Brown Gravy Broccoli Cuts Mashed Potatoes WW Crackers (4pk) IW Mandarin Orange	**20** 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 *First Day of Summer Celebration* Turkey Roast Black Beans Corn & Carrots Hawaiian Bun Ketchup & Mayo Pineapple Chunks Mixed Berry Danish

Voluntary Contribution \$5.25 per day


www.MealsOnWheelsOC.org


TURN OVER





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Crackers (4pk) WW Dinner Roll (2) IW Pears Cubed Beef w/ Stew Gravy Stew Vegetables Broccoli Jasmin Rice IW Tropical Fruit	WG Oatmeal Pouch Hardboiled Egg (2) WW Bread FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Italian Dressing IW Mandarin Orange Sliced Turkey w/ Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange	WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll (2) IW Peach Pulled Pork w/ Tomatillo Sauce Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) Fresh Apple	WG Oatmeal Pouch WW Bread Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix Cilantro Lime Dressing IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice WW Dinner Roll (2) 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 Crackers (4pk) Italian Dressing IW Tropical Fruit Mix Spinach & Mushroom Quiche Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) Fresh Apple
30				
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				

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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