

## Vegetarian Home Delivered Meals June Menu 2025

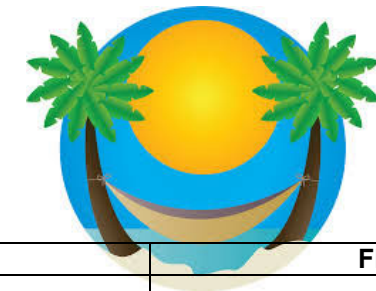
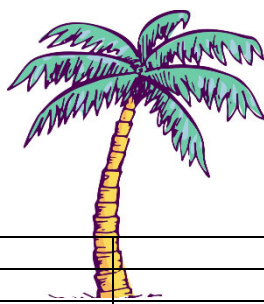
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
WG Mini Bagel w/ Cream Cheese Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal Pouch WW Bread FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)
Vegetarian Provencal Tofu Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Dinner Roll (2) Fresh Apple	Chickenless Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) IW Mandarin Orange	Chickenless Corn Pasta Salad Green Pepper & Tomato Salad Spring Mix WW Crackers (2pk) IW Pears	Vegan Hamburger WG Hamburger Bun w/ Meatless Burger Patty Spring Mix Black Bean & Corn Salad Mayo & Mustard Canned Apricot	Chickenless Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple
Vegan Fish Fillet w/ Veg Braised Savory Tomato Scandinavian Veg Blend Brown Rice Canned Apricot	Cheese Ravioli w/ Marinara Sauce Vegan Chicken Tender Broccoli & Carrots Polenta WW Dinner Roll IW Peach	Meatless Meatball Sweet Citrus Glaze Fiesta Vegetable Mix Vegetarian Cilantro Lime Rice WW Dinner Roll (2) Fresh Apple	Tofu Cutlet w/ Asian Sauce Oriental Veg Blend Vegetarian Rice Pilaf IW Mandarin Orange	Chickenless Tenders w/ Ranchera Sauce Peas & Carrots Pinto Beans WG White Corn Tortilla (2) Brown Rice IW Pineapple Chunks
9	10	11	12	<b>**13**</b>
WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios WG Granola Bar 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)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)
Vietnamese Chickenless Salad Confetti Rice Salad WW Dinner Roll (2) IW Peaches	(Chickenless Chunks, Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Cilantro Lime Dressing Fresh Orange	Cranberry Basil Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix	Greek Chickenless Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Peach	Classic Egg Salad Mexican Style Salad WW Bread (2) IW Pears
Breakfast for Dinner Omelet Hardboiled Eggs (2) Baby Baked Potatoes Capri Vegetables WG Oatmeal Pouch Fresh Apple	Breaded Chickenless Patty w/ Veg Apricot Sauce Corn & Lima Beans WW Dinner Roll Jasmine Rice IW Pears	Tofu Cutlet w/ Veg Coconut Curry Sauce Carrots Brown Rice IW Mandarin Orange	Spinach & Mushroom Quiche Scandinavian Veg Blend Vegetarian Spanish Rice Fresh Orange	<b>*Father's Day Celebration*</b> Chickenless Tenders Veg Creole Sauce Baby Baked Potatoes Broccoli & Carrots WW Dinner Roll (2) Fresh Orange Raspberry Double Chocolate Cup
16	17	18	19	<b>**20**</b>
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/ SF Jelly WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)	Hardboiled Egg (1) WG Cheerios FF Yogurt (2) Orange Pineapple 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	Chickenless Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange	Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears	Creamy Chickenless Pesto Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) IW Peach	Vegetarian Provencal Tofu Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Fresh Orange
Fish Sub Ranchera Sauce Corn & Lima Beans Vegetarian Mexican Rice WG Corn Mini Tortillas (4) IW Tropical Fruit Mix	Penne Pasta w/ Marinara Sauce Chickenless Tender Italian Veg Blend Parmesan Cheese (1pkt) IW Pineapple Chunks	Chickenless Strips w/ Ranchera Sauce Fiesta Blend Vegetarian Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple	Meatless Meatball VG Mushroom Brown Gravy Broccoli Cuts & Carrots Mashed Potatoes WW Dinner Roll IW Mandarin Orange	<b>*First Day of Summer Celebration*</b> Beef Sub w/ Veg Pepper Garlic Sauce Carrots Hawaiian Roll Brown Rice Fresh Apple Mixed Berry Danish

Voluntary Contribution \$5.25 per day



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TURN OVER





## Vegetarian Home Delivered Meals June Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
Hardboiled Egg (1) WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & 1% Milk (2)	Hardboiled Egg (1) WG Cheerios FF Yogurt (2) WW Bread Orange Juice & 1% Milk (2)	WG Oatmeal Pouch WW Bread Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2)
Chickenless Green Beans & Tomato Salad Mexican Style Salad Spring Mix WW Dinner Roll (2) IW Pears	Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Dinner Roll (2) IW Mandarin Orange	Thai Citrus Crunch Salad w/ Vegan Chicken Tender Spring Mix WW Cracker (4pk) WW Dinner Roll (2) IW Peach	Vegan Taco Salad (Chickenless Sub, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Crackers (4pk) IW Pineapple Chunks	Chickenless Sub Green Pepper & Tomato Salad WW Crackers (4pk) WW Dinner Roll (2) IW Tropical Fruit Mix
Meatless Burger Black Bean Vegan Country Mushroom Gravy Broccoli & Carrots Brown Rice IW Tropical Fruit Mix	Breaded Chickenless Patty w/ Vegetarian Gravy Italian Veg Blend Fettuccini IW Mandarin Orange	Vegetarian Enchilada Casserole Peas & Carrots Veg Cilantro Lime Rice IW Pears	Vegan Fish Fillet Oriental Veg Blend Brown Rice WW Dinner Roll Tartar Sauce Fresh Orange	Spinach & Mushroom Quiche Chickenless Sausage (1) Mixed Vegetables Baby Baked Potatoes Fresh Apple
30	 			
WG Oatmeal Pouch WW Bread FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)				
Chickenless Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll (2) IW Peach				
Vegan Fish Green Beans Cooked Bowtie Pasta Tartar Sauce 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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