

# Asian Home Delivered Meals July Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> WG Cheerios Hardboiled Egg (1) FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll (2) IW Pineapple Chunks Stir-Fry Beef w/ Snow Peas Broccoli Jasmine Rice WW Crackers (2pk) Chopped Red Pepper Fresh Apple	<b>2</b> 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 Peach	<b>3</b> WW Bread (2) w/ SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Pear Roast Pork Sweet Citrus Glaze Broccoli & Cauliflower Pineapple Fried Rice Fresh Apple	<b>**4**</b> <b>**Fourth of July Holiday Meal Celebration**</b> Chicken Breast BBQ Sauce Broccoli Rice Pilaf Hawaiian Roll Mandarin Orange Lemon Cream Cake 1% Milk
	<b>7</b> WG Oatmeal Pouch Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) IW Peach Chicken Meatballs Pineapple Curry Sauce California Veg Blend Pineapple Fried Rice IW Mandarin Orange	<b>8</b> WG Waffle w/ SF Syrup & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing SF Ambrosia Pork Tenderloin w/ Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple	<b>9</b> 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) Fresh Apple Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmine Rice IW Pineapple Chunks	<b>10</b> WG Cheerios Hardboiled Eggs (2) Orange-Pineapple Juice & 1% Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad Spring Mix WW Crackers (4pk) IW Peach Pork in Five Spice Sauce Mixed Vegetables Jasmine Rice WW Dinner Roll (2) Chopped Cilantro Fresh Orange
<b>14</b> WG Mini Bagel w/ Cream Cheese Hardboiled Egg (1) FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2) Tuna Salad Black Bean & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Italian Dressing Fresh Apple Chicken w/ Rice Noodle & Vegetables Stir Fried Gai Lan WW Dinner Roll w/ Smart Balance IW Peach	<b>15</b> 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 Orange Chicken Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	<b>16</b> 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 Baked Fish w/ Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll Chopped Cilantro Fresh Apple	<b>17</b> 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 IW Peach Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Oriental Veg Blend Pan Fried Egg Noodles WW Crackers (2pk) Fresh Orange SF Cookie	<b>18</b> 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 (2) w/ Smart Balance Italian Dressing Fresh Apple Vietnamese Beef Curry Sliced Carrots Jasmine Rice Chopped Onions IW Pineapple Chunks





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Vietnamese Chicken Salad Spring Mix Confetti Rice Salad WW Dinner Roll (2) IW Peaches Pork & Tofu in Caramel Sauce Carrots Brown Rice Fresh Apple	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	WG Raisin Bran WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix Curried Chicken Stir Fry Supreme Veg. Blend Jasmine Rice Chopped Green Onion w/ Sesame Seeds IW Mandarin Orange	WG Waffle w/ SF Syrup 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 (2) IW Peach Beef Ragout Broccoli Brown Rice Chopped Cilantro Fresh Apple	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey Spring Mix Mexican Style Salad Mayo/ Mustard IW Pears Stir Fried Chicken w/ Vegetables Capri Vegetables Carrots Egg Noodle WW Dinner Roll w/ Smart Balance Fresh Orange
28	29	30	31	
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 (2) w/ Smart Balance Italian Dressing IW Mandarin Orange Fish Fillet Vietnamese Caramel Sauce Corn & Lima Beans Brown Rice Fresh Apple SF Cookie	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) 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 Chicken in Ginger Sauce Italian Veg Blend Pineapple Fried Rice IW Peach	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 (2) w/ Smart Balance IW Pears Fish in Asian Sauce Scandinavian Blend Jasmin Rice Chopped Green Onion Fresh Apple	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 Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach Orange Chicken Chicken w/ Orange Sauce Stir Fry Bok Choy Jasmin Rice IW Mandarin Orange	

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.

Voluntary Contribution \$5.25 per day

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)