



Multicultural Home Delivered Meals July Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	**4**
	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Pineapple Chunks Turkey Pot Roast w/ Brown Gravy Peas & Carrots WW Corn Muffin WW Crackers (4pk) Fresh Orange	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 Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & S Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Italian Dressing IW Pear Roast Beef w/ Brown Gravy Cooked Spinach Bow Tie Pasta Fresh Apple	**Fourth of July Holiday Meal Celebration** Chicken Breast BBQ Sauce Broccoli Rice Pilaf Hawaiian Roll Mandarin Orange Lemon Cream Cake 1% Milk
7	8	9	10	11
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 w/ Smart Balance Italian Dressing IW Peach Chicken Meatballs Huli Huli Pineapple Sauce California Vegetable Blend Orzo Vegetable Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange	WG Waffle w/ SF Syrup & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad Tomato Cucumber Salad WW Bread (2) SF Ambrosia Pork Tenderloin w/ Sweet Citrus Glaze Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll (2) w/ Smart Balance Fresh Apple	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) w/ Smart Balance Homemade Ranch Dressing Fresh Apple Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmin Rice IW Pineapple Chunks	WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (4pk) IW Peach Fish Tacos WG White Mini Corn Tortillas (4) w/ Fish Sticks (3) Pico de Gallo Mixed Vegetables Baby Baker Potatoes IW Mandarin Orange	WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad Dinner Roll w/ Smart Balance IW Mandarin Orange Diced Chicken Salsa Ranchera Peas & Carrots Mexican Rice WG White Corn Tortillas (2) IW Pears
14	15	16	17	18
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	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	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey & Spring Mix Green Pepper & Tomato Salad Mayo & Mustard IW Pears Barbecoa Beef Pico de Gallo Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Mexican Rice Fresh Apple	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	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





Multicultural Home Delivered Meals July Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 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 Hard Boiled Egg (1) Chicken Sausage (1) Capri Vegetables Baby Baked Potato WW Crackers (4pk) Fresh Apple	22 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	23 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	24 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	25 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 Roast Beef Burgundy Sauce Sweet Potatoes Cooked Spinach WW Dinner Roll (2) w/ Smart Balance Fresh Orange
28 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	29 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	30 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	31 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	

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