




Vegetarian Home Delivered Meals July Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	**4**
	WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Oatmeal Pouch Hardboiled Egg (2) FF Yogurt (2) Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	**Fourth of July Holiday Meal Celebration** Chickenless Strips BQQ Sauce Broccoli Rice Pilaf Hawaiian Roll Mandarin Orange Lemon Cream Cake 1% Milk
	Chickenless Corn Pasta Salad Tomato Cucumber Salad WW Crackers (2pk) IW Pineapple Chunks	Meatless Burger WG Hamburger Bun w/ Meatless Burger Patty Corn, Lima Beans & Tomato Salad Mayo/ Mustard IW Mandarin Orange	Greek Quinoa Chickenless Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) IW Pears	
	Chickenless Tender Chile Verde Pinto Beans Broccoli WG White Mini Corn Tortillas (2) Fresh Orange	Garden Chili w/ Kidney Beans Carrots Mixed Vegetables WW Dinner Roll (2) IW Tropical Fruit Mix	Vegetarian Lasagna Broccoli & Carrots Brown Rice Fresh Apple	
7	8	9	10	11
WG Oatmeal Pouch WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Waffle w/ SF Syrup LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal Pouch Hardboiled Egg (1) FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2)
Mediterranean Chickenless Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) IW Peach	Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) IW Tropical Fruit Mix	Barley Salad w/ Mango Dressing & Chickenless Chicken Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) Fresh Apple	Heart Healthy Garbanzo Salad Beets & Orange Salad Spring Mix WW Dinner Roll (2) IW Peach	Chickenless Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll (2) IW Mandarin Orange
Breaded Chickenless Patty Veg Country Mushroom Gravy Peas & Carrots Orzo w/ Vegetables Pilaf Fresh Orange	Vegan Fish Fillet w/ Veg Diane Sauce Mixed Vegetables Fettuccini WW Dinner Roll Fresh Apple	Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice IW Pears	Tofu w/ Kung Pao Sauce Peas & Carrots Jasmine Rice Fresh Orange	Pepper, Zucchini & Cheddar Frittata Vegan Chicken Tender Winter Vegetable Blend Vegetarian Mexican Rice WG White Corn Tortilla (1) Fresh Apple
14	15	16	17	18
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





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21 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Vietnamese Chickenless Salad Confetti Rice Salad WW Dinner Roll (2) IW Peaches Hardboiled Eggs (2) Baby Baked Potatoes Capri Vegetables WG Oatmeal Pouch Fresh Apple	22 WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Vegan Taco Bowl (Chickenless Chunks, Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Cilantro Lime Dressing Fresh Orange Breaded Chickenless Patty w/ Veg Apricot Sauce Corn & Lima Beans WW Dinner Roll Jasmine Rice IW Pears	23 WG Cheerios WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix Tofu Cutlet w/ Veg Coconut Curry Sauce Carrots Brown Rice IW Mandarin Orange	24 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Chickenless Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Peach Spinach & Mushroom Quiche Scandinavian Veg Blend Vegetarian Spanish Rice Fresh Orange	25 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Classic Egg Salad Mexican Style Salad Spring Mix WW Bread (2) IW Pears Chickenless Tenders Veg Creole Sauce Mixed Vegetables Fettuccini Pasta WW Dinner Roll Fresh Orange
28 WG Oatmeal Pouch FF Yogurt (2) Orange 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 Fish Sub Ranchera Sauce Corn & Lima Beans Mexican Rice WG Corn Mini Tortillas (4) IW Tropical Fruit Mix	29 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chickenless 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 Chickenless Tender Italian Veg Blend Parmesan Cheese (1pkt) IW Pineapple Chunks	30 WW Bread w/ SF Jelly WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears Chickenless Strips w/ Ranchera Sauce Fiesta Blend Vegetarian 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 Chickenless Pesto Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) IW Peach Meatless Meatball VG Mushroom Brown Gravy Broccoli Cuts & Carrots Mashed Potatoes WW Dinner Roll 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

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