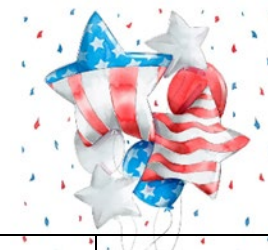


# Hispanic Home Delivered Meals July Menu 2025

| MONDAY                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                            | 1                                                                                                                                                                                                                                                                                                                                                                                                             | 2                                                                                                                                                                                                                                                                                                                                                                                       | 3                                                                                                                                                                                                                                                                                                                                                                   | **4**                                                                                                                                                                                                                                                                                                                                                                         |
|                                                                                                                                                                                                                                                                                                                                                             | WG Cheerios<br>FF Yogurt<br>LF String Cheese<br>Orange Juice & 1% Milk (2)<br>Chicken Corn Pasta Salad<br>Tomato Cucumber Salad<br>WW Dinner Roll (2) w/ Smart Balance<br>IW Pineapple Chunks<br>Ground Turkey<br>Picadillo Sauce<br>Red Skin Potatoes<br>Mixed Vegetables<br>WG White Corn Tortillas (2)<br>Fresh Orange                                                                                     | WG Oatmeal Pouch<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (2)<br>Meatloaf Sandwich<br>Meatloaf w/ WG Hamburger Bun<br>Corn, Lima Bean & Tomato Salad<br>Spring Mix<br>Ketchup<br>Italian Dressing<br>IW Mandarin Orange<br>Beef Fajitas<br>Beef w/ Fajita Veg Blend<br>Broccoli<br>Cilantro Lime Rice<br>WG Corn Tortilla (1)<br>Tomatillo Sauce<br>IW Peach                          | WW Bread (2) w/ Peanut Butter & SF Jelly<br>FF Yogurt (2)<br>Orange-Pineapple Juice & 1% Milk (2)<br>Greek Quinoa Chicken Salad w/ Balsamic Dressing<br>Coleslaw<br>Spring Mix<br>WW Dinner Roll w/ Smart Balance<br>Italian Dressing<br>IW Pear<br>Tilapia Fillet<br>Ranchera Sauce<br>Winter Veg Blend<br>Rice Pilaf<br>WG White Corn Tortilla (1)<br>Fresh Apple | **Fourth of July Holiday Meal Celebration**<br><br>Chicken Breast<br>BBQ Sauce<br>Broccoli<br>Rice Pilaf<br>Hawaiian Roll<br>Mandarin Orange<br>Lemon Cream Cake<br>1% Milk                                                                                                                                                                                                   |
| 7                                                                                                                                                                                                                                                                                                                                                           | 8                                                                                                                                                                                                                                                                                                                                                                                                             | 9                                                                                                                                                                                                                                                                                                                                                                                       | 10                                                                                                                                                                                                                                                                                                                                                                  | 11                                                                                                                                                                                                                                                                                                                                                                            |
| WG Oatmeal Pouch<br>Hardboiled Egg (1)<br>Granola Honey Bar<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (2)<br>Mediterranean Chicken Quinoa Salad<br>Black Beans & Corn Salad<br>Spring Mix<br>WW Dinner Roll (2) w/ Smart Balance<br>Italian Dressing<br>IW Peach<br>Green Chicken Casserole<br>Carrots<br>Pinto Beans<br>WW Crackers (4pk)<br>Fresh Orange | WG Waffle w/ SF Syrup<br>Hardboiled Egg (1)<br>LF String Cheese<br>FF Yogurt<br>Orange-Pineapple Juice & 1% Milk (2)<br>Mexican Tuna Salad<br>Tomato Cucumber Salad<br>WW Bread (2)<br>SF Ambrosia<br>Pork Tenderloin w/ Salsa Verde<br>Sweet Potatoes<br>Broccoli & Carrots<br>Spanish Rice<br>WG White Mini Corn Tortillas (2)<br>Fresh Apple                                                               | WG Oatmeal Pouch<br>FF Yogurt<br>LF String Cheese<br>Orange Juice & 1% Milk (2)<br>Barley Salad w/ Mango Dressing & Sliced Beef<br>Corn, Lima Beans & Tomato Salad<br>Spring Mix<br>WW Crackers (4pk)<br>WW Dinner Roll (2) w/ Smart Balance<br>Homemade Ranch Dressing<br>Fresh Apple<br>Diced Chicken w/ Chunky Salsa Sauce<br>Capri Vegetable<br>Jasmine Rice<br>IW Pineapple Chunks | WW Bread (2) w/ Peanut Butter & SF Jelly<br>Orange-Pineapple Juice & 1% Milk (2)<br>Heart Healthy Garbanzo Salad<br>Beets & Orange Salad<br>WW Crackers (4pk)<br>IW Peach<br>Fish Tacos<br>WG White Mini Corn Tortillas (4) w/ Fish Sticks (3)<br>Pico de Gallo<br>Mixed Vegetables<br>Baby Baker Potato<br>IW Mandarin Orange                                      | WG Raisin Bran<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (2)<br>Chicken Thai Citrus Crunch Salad<br>Mexican Corn, Zucchini & Tomato Salad<br>Dinner Roll w/ Smart Balance<br>IW Mandarin Orange<br>Diced Chicken<br>Salsa Ranchera<br>Peas & Carrots<br>Mexican Rice<br>WG White Corn Tortilla (2)<br>IW Pears                                                               |
| 14                                                                                                                                                                                                                                                                                                                                                          | 15                                                                                                                                                                                                                                                                                                                                                                                                            | 16                                                                                                                                                                                                                                                                                                                                                                                      | 17                                                                                                                                                                                                                                                                                                                                                                  | 18                                                                                                                                                                                                                                                                                                                                                                            |
| WG Mini Bagel w/ Cream Cheese<br>FF Yogurt<br>LF String Cheese<br>Orange-Pineapple Juice & 1% Milk (2)<br>Tuna Salad<br>Black Bean & Lentil Salad w/ Cumin Lime Dressing<br>WW Bread (2)<br>Fresh Apple<br>Ground Turkey w/ Picadillo Sauce<br>Red Skin Potatoes<br>Scandinavian Blend<br>WG White Corn Tortilla (1)<br>IW Peach                            | WW Bread w/ SF Jelly & Smart Balance<br>WG Oatmeal Pouch<br>FF Yogurt<br>LF String Cheese<br>Orange Juice & 1% Milk (2)<br>Chicken Pasta Salad w/ Poppy Seed Dressing<br>Herbed Farro Salad w/ Walnuts & Feta Cheese<br>Spring Mix<br>WW Crackers (2pk)<br>Italian Dressing<br>IW Mandarin Orange<br>Pork Carnitas<br>Mixed Vegetables<br>Mexican Rice<br>WG White Corn Tortilla (1)<br>IW Tropical Fruit Mix | WG Raisin Bran<br>FF Yogurt<br>LF String Cheese<br>Orange-Pineapple Juice & 1% Milk (2)<br>Turkey Sandwich<br>WW Bread (2) w/ Roast Turkey & Spring Mix<br>Green Pepper & Tomato Salad<br>Mayo & Mustard<br>IW Pears<br>Barbacoa Beef<br>Pico de Gallo<br>Fiesta Vegetable Mix<br>WG White Corn Mini Tortillas (2)<br>Mexican Rice<br>Fresh Apple                                       | WG Blueberry Muffin<br>FF Yogurt<br>LF String Cheese<br>Orange Juice & 1% Milk (2)<br>Beef Hamburger<br>WG Hamburger Bun w/ Beef Patty<br>Spring Mix<br>Black Bean & Corn Salad<br>Ketchup, Mayo & Mustard<br>Canned Apricot<br>Huli Huli Chicken<br>Diced Chicken w/ Huli Huli Pineapple Sauce<br>Oriental Veg Blend<br>Rice Pilaf<br>Fresh Orange                 | WW Bread (2) w/ Peanut Butter & SF Jelly<br>FF Yogurt<br>LF String Cheese<br>Orange Juice & 1% Milk (2)<br>Chicken Ranch Pasta Salad<br>Zucchini & Tomato Salad<br>Spring Mix<br>WW Dinner Roll w/Smart Balance<br>Italian Dressing<br>Fresh Apple<br>Vegetarian Enchilada Casserole<br>Broccoli & Carrots<br>WG White Corn Tortilla (1)<br>Brown Rice<br>IW Pineapple Chunks |





## Hispanic Home Delivered Meals July Menu 2025

| MONDAY                                                                                                                                                                             | TUESDAY                                                                                                                                                                          | WEDNESDAY                                                                                                                               | THURSDAY                                                                                                                                                        | FRIDAY                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>21</b>                                                                                                                                                                          | <b>22</b>                                                                                                                                                                        | <b>23</b>                                                                                                                               | <b>24</b>                                                                                                                                                       | <b>25</b>                                                                                                            |
| WW Bread (2) w/ Peanut Butter & SF Jelly<br>FF Yogurt<br>LF String Cheese<br>Orange Juice & 1% Milk (2)                                                                            | WG Oatmeal Pouch<br>WW Bread<br>Orange-Pineapple Juice & 1% Milk (2)                                                                                                             | WG Cheerios<br>WG Granola Bar<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (2)                                                            | WG Waffle w/ SF Syrup<br>FF Yogurt (2)<br>Orange Pineapple Juice & 1% Milk (2)                                                                                  | WG Cheerios<br>FF Yogurt<br>LF String Cheese<br>Orange Juice & 1% Milk (2)                                           |
| Vietnamese Chicken Salad<br>Confetti Rice Salad<br>Spring Mix<br>WW Crackers (4pk)<br>WW Dinner Roll<br>Italian Dressing<br>IW Peaches                                             | Pork Taco Bowl<br>(Pork, Pinto Beans, Corn, Shredded Cheese)<br>Spring Mix<br>Mexican Quinoa Salad<br>WG White Corn Mini Tortillas (2)<br>Cilantro Lime Dressing<br>Fresh Orange | Cranberry Basil Chicken Salad<br>Asian Cucumber Salad<br>WW Dinner Roll (2)<br>IW Tropical Fruit Mix                                    | Greek Chicken Quinoa Salad w/ Balsamic Dressing<br>Healthy Veggie Salad<br>Spring Mix<br>WW Dinner Roll w/ Smart Balance<br>Homemade Ranch Dressing<br>IW Peach | Turkey Sandwich<br>WW Bread (2) w/ Sliced Turkey<br>Mexican Style Salad<br>Mayo/ Mustard<br>IW Pears                 |
| Beef Enchilada Casserole<br>Mixed Vegetable<br>Cilantro Lime Rice<br>Fresh Apple                                                                                                   | Chicken Breast w/ Ranchera Sauce<br>Oriental Veg Blend<br>Jasmine Rice<br>WW Crackers (2pk)<br>IW Pears                                                                          | Carne Con Chile<br>(Beef w/ Chili Sauce)<br>Scandinavian Blend<br>Carrots<br>Pinto Beans<br>Mexican Rice<br>IW Pears                    | Chicken Tinga w/ Tinga Sauce<br>Diced Carrots<br>Spanish Rice<br>WG White Corn Tortilla (2)<br>Fresh Apple                                                      | Green Chicken Casserole<br>Fajita Veg Blend<br>Pinto Beans<br>WW Dinner Roll (2)<br>w/ Smart Balance<br>Fresh Orange |
| <b>28</b>                                                                                                                                                                          | <b>29</b>                                                                                                                                                                        | <b>30</b>                                                                                                                               | <b>31</b>                                                                                                                                                       |                                                                                                                      |
| WG Oatmeal Pouch<br>FF Yogurt<br>Cottage Cheese<br>Orange Juice & 1% Milk (2)                                                                                                      | WW Bread (2) w/ Peanut Butter & SF Jelly<br>Hardboiled Egg (1)<br>FF Yogurt (2)<br>Orange-Pineapple Juice & 1% Milk (2)                                                          | WW Bread w/ Cottage Cheese<br>WG Cheerios<br>FF Yogurt<br>SF Jelly & Smart Balance<br>Orange-Pineapple Juice & 1% Milk (2)              | WW Bread w/ SF Jelly & Smart Balance<br>WG Oatmeal Pouch<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (2)                                                         |                                   |
| Tarragon Chicken Salad w/ Yogurt Dressing<br>Tomato Cucumber Salad<br>Spring Mix<br>WW Crackers (4pk)<br>WW Dinner Roll w/ Smart Balance<br>Italian Dressing<br>IW Mandarin Orange | Chicken Pasta Salad w/ Poppy Seed Dressing<br>Broccoli & Pepper Salad<br>Spring Mix<br>WW Dinner Roll (2)<br>w/ Smart Balance<br>Italian Dressing<br>Fresh Orange                | Greek Salad w/ Garbanzo Beans & Chicken<br>Zucchini & Tomato Salad<br>WW Dinner Roll w/ Smart Balance<br>IW Pears                       | Creamy Chicken Pesto Salad<br>Corn, Lima Beans & Tomato Salad<br>Spring Mix<br>WW Dinner Roll (2)<br>w/ Smart Balance<br>Italian Dressing<br>IW Peach           |                                                                                                                      |
| Fish Fillet<br>Ranchera Sauce<br>Corn & Lima Beans<br>WG Corn Mini Tortillas (2)<br>Mexican Rice<br>IW Tropical Fruit Mix                                                          | Cheese Enchiladas w/ Red Enchilada Sauce<br>Peas & Carrots<br>Spanish Rice<br>IW Pineapple Chunks                                                                                | Pork Carnitas<br>w/ Tomatillo Sauce<br>Fiesta Blend<br>Carrots<br>Cilantro Lime Rice<br>WG White Corn Mini Tortillas (2)<br>Fresh Apple | Salisbury Steak<br>w/ Ranchera Sauce<br>Broccoli Cuts<br>Spanish Rice<br>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)