

Asian Home Delivered Meals August Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Hardboiled Egg (1) WG Cheerios FF Yogurt LF String Cheese Orange Pineapple Juice & 1% Milk (2) Mediterranean Tuna Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Orange Pepper Garlic Beef Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Crackers (4pk) IW Pineapple Chunks
4	5	6	7	8
WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Crackers (4pk) WW Dinner Roll (2) IW Pears Cubed Beef w/ Stew Gravy Stew Vegetables Broccoli Jasmin Rice IW Tropical Fruit Mix	WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Dinner Roll (2) IW Mandarin Orange Shrimp & Pork in Hot Sauce Stir Fry Supreme Veg Blend Brown Rice Sesame Seeds/ Chopped Onion Fresh Orange	WG Cheerios WW Bread FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Peach Chicken in Tamarind Broccoli & Carrots Jasmine Rice Sesame Seeds Fresh Apple	WG Oatmeal Pouch WW Bread w/ SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Dinner Roll (2) Cilantro Lime Dressing IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice Fresh Orange	WG Raisin Bran Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Fish in Tomato Sauce Peas & Carrots Rice Pilaf Chopped Green Onion Fresh Apple
11	12	13	14	**15**
WW Bread w/ SF Jelly WG Oatmeal Pouch LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach Breaded Fish Sweet Citrus Glaze Sauce Stir Fried Gai Lan Brown Rice Fresh Apple	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	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	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	WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2) Chef's Salad (Sliced Turkey, Egg, Peppers, Corn, Carrots, Cucumber, Shredded Swiss Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Apple *Western Celebration Holiday Meal* Chicken Strips w/ Teriyaki Sauce Broccoli Jasmin Rice IW Pineapple Chunks Creamy Mango Pudding





Asian Home Delivered Meals August Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
WG Oatmeal Pouch Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Waffle w/ SF Syrup & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Cheerios Hardboiled Eggs (2) Orange-Pineapple Juice & 1% Milk (2)	WW Bread (2) w/ Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)
Mediterranean Chicken Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll (2) IW Peach	Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing SF Ambrosia	Barley Salad w/ Mango Dressing & Sliced Beef 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 Crackers (4pk) IW Peach	Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad Dinner Roll (2) IW Mandarin Orange
Chicken Meatballs Curry Pineapple Sauce California Vegetable Blend Pineapple Fried Rice IW Mandarin Orange	Pork Tenderloin w/ Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple	Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetable Jasmine Rice IW Pineapple Chunks	Pork in Five Spice Sauce Mixed Vegetables Jasmine Rice WW Dinner Roll (2) Chopped Cilantro Fresh Orange	Shrimp & Pork in Hot Sauce Peas & Carrots Pineapple Fried Rice Sesame Seeds & Chopped Onion IW Pears
25	26	27	28	29
WG Mini Bagel w/ Cream Cheese Hardboiled Egg (1) FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)
Tuna Salad Black Bean & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Italian Dressing Fresh Apple	Chicken Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) Italian Dressing IW Mandarin Orange	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey & Spring Mix Green Pepper & Tomato Salad Mayo & Mustard IW Pears	Beef Hamburger WG Hamburger Bun w/ Beef Patty Spring Mix Black Bean & Corn Salad Mayo & Mustard IW Peach	Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Apple
Chicken w/ Rice Noodle & Vegetables Stir Fried Gai Lan WW Dinner Roll w/ Smart Balance IW Peach	Orange Chicken Diced Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice WW Dinner Roll w/ Smart Balance Fresh Orange	Baked Fish w/ Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll Chopped Cilantro Fresh Apple	Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Oriental Veg Blend Pan Fried Egg Noodles WW Crackers (2pk) Fresh Orange SF Cookie	Vietnamese Beef Curry Sliced Carrots Jasmine Rice Chopped Onions IW Pineapple Chunks

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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