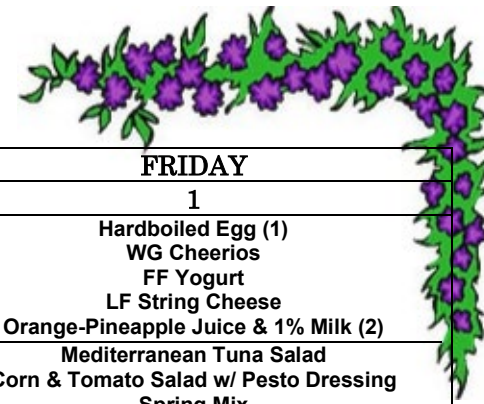
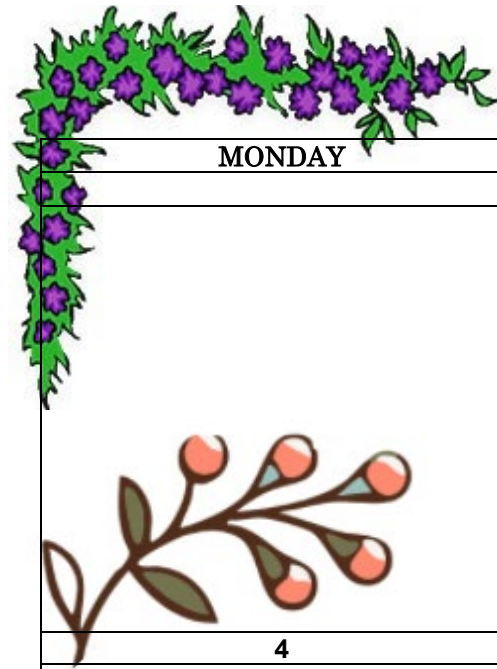


Hispanic Home Delivered Meals August Menu 2025

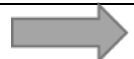


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Hardboiled Egg (1) WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)
				Mediterranean Tuna Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Orange
				Fajita Plate Chicken Strips w/ Fajita Veg Blend Ranchera Sauce Mexican Rice WG White Corn Tortilla (1) IW Pineapple Chunks
4	5	6	7	8
WG Cheerios Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Oatmeal Pouch Hardboiled Egg (2) FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Oatmeal Pouch WW Bread w/ SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios WW Bread w/ Smart Balance & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)
Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Crackers (4pk) WW Dinner Roll w/ Smart Balance IW Pears	Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Crackers (4pk) Italian Dressing IW Mandarin Orange	Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peach	Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Crackers (4pk) Cilantro Lime Dressing IW Pineapple Chunks	Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Crackers (4pk) Italian Dressing IW Tropical Fruit Mix
Barbacoa Beef Pico de Gallo Pinto Beans Mixed Vegetables WG Corn Mini Tortillas (2) IW Tropical Fruit Mix	Sliced Turkey w/ Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) w/ Smart Balance Fresh Apple	Pulled Pork w/ Chile Verde Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) IW Pears	Breaded Fish Pico de Gallo Sliced Carrots WG White Corn Mini Tortillas (2) Brown Rice Fresh Orange	Carne Con Chile (Beef w/ Chili Sauce) Fajitas Veg Blend WG White Corn Mini Tortillas (2) Spanish Rice Fresh Apple
11	12	13	14	**15**
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2)
Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Peach	Chicken Corn Pasta Salad Tomato Cucumber Salad WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks	Meatloaf Sandwich Meatloaf w/ WG Hamburger Bun Corn, Lima Bean & Tomato Salad Spring Mix Ketchup Italian Dressing IW Mandarin Orange	Greek Quinoa Chicken Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Pear	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
Breaded Fish Broccoli WG White Corn Tortilla (1) Spanish Rice Pico de Gallo Fresh Apple	Ground Turkey Picadillo Sauce Red Skin Potatoes Mixed Vegetables WG White Corn Tortillas (2) Fresh Orange	Beef Fajitas Beef w/ Fajita Veg Blend Broccoli Cilantro Lime Rice WG Corn Tortilla (1) Tomatillo Sauce IW Peach	Tilapia Fillet Ranchera Sauce Winter Veg Blend Rice Pilaf WG White Corn Tortilla (1) Fresh Apple	*Western Celebration Holiday Meal* Chicken Strips w/ Teriyaki Sauce Broccoli Jasmin Rice IW Pineapple Chunks Creamy Mango Pudding

Voluntary Contribution \$5.25 per day

www.MealsOnWheelsOC.org

TURN OVER





Hispanic Home Delivered Meals August Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
WG Oatmeal Pouch Hard Boiled Egg (1) Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Waffle w/ SF Syrup Hardboiled Egg (1) LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal Pouch FF Yogurt LF String Cheese Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly Orange-Pineapple Juice & 1% Milk (2)	WG Raisin Bran FF Yogurt (2) Orange Juice & 1% Milk (2)
Mediterranean Chicken Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach	Mexican Tuna Salad Tomato Cucumber Salad WW Bread (2) SF Ambrosia	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	Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (4pk) IW Peach	Chicken Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad Dinner Roll w/ Smart Balance IW Mandarin Orange
Green Chicken Casserole Carrots Pinto Beans WW Crackers (4pk) Fresh Orange	Pork Tenderloin w/ Salsa Verde Sweet Potatoes Broccoli & Carrots Spanish Rice WG White Mini Corn Tortillas (2) Fresh Apple	Diced Chicken w/ Chunky Salsa Sauce Capri Vegetable Jasmine Rice IW Pineapple Chunks	Fish Tacos WG White Mini Corn Tortillas (4) w/ Fish Sticks (3) Pico de Gallo Mixed Vegetables Baby Baker Potato IW Mandarin Orange	Diced Chicken Salsa Ranchera Peas & Carrots Mexican Rice WG White Corn Tortilla (2) IW Pears
25	26	27	28	29
WG Mini Bagel w/ Cream Cheese FF Yogurt LF String Cheese 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 LF String Cheese Orange-Pineapple Juice & 1% Milk (2)	WG Blueberry Muffin FF Yogurt LF String Cheese 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 WW Bread (2) 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	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 Ketchup, Mayo & Mustard Canned Apricot	Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Italian Dressing Fresh Apple
Ground Turkey w/ Picadillo Sauce Red Skin Potatoes Scandinavian Blend WG White Corn Tortilla (1) IW Peach	Pork Carnitas Mixed Vegetables Mexican Rice WG White Corn Tortilla (1) IW Tropical Fruit Mix	Barbacoa Beef Pico de Gallo Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Mexican Rice Fresh Apple	Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Veg Blend Rice Pilaf Fresh Orange	Vegetarian Enchilada Casserole Broccoli & Carrots WG White Corn Tortilla (1) Brown Rice 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