



Multicultural 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 Cubed Beef w/ Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks
4	5	6	7	8
WG Raisin Bran 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	WG Oatmeal Pouch Hardboiled Egg (2) WW Bread FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix Italian Dressing IW Mandarin Orange Sliced Turkey w/ Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange	WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll (2) IW Peach Pulled Pork w/ Tomatillo Sauce Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) Fresh Apple	WG Oatmeal Pouch WW Bread Orange-Pineapple Juice & 1% Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, Shredded Cheese) Spring Mix Cilantro Lime Dressing IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice WW Dinner Roll (2) 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 Crackers (4pk) Italian Dressing IW Tropical Fruit Mix Spinach & Mushroom Quiche Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) 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) Chicken Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Peach Breaded Fish Broccoli WG White Corn Tortilla (1) Spanish Rice Pico de Gallo Fresh Apple	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	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

Voluntary Contribution \$5.25 per day

www.MealsOnWheelsOC.org

TURN OVER 



Multicultural Home Delivered Meals August Menu 202

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)	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 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)	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
Chicken Meatballs Huli Huli Pineapple California Vegetable Blend Orzo Vegetable Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange	Pork Tenderloin w/ Sweet Citrus Glaze Sauce Sweet Potatoes Broccoli & Carrots WW Dinner Roll (2) w/ Smart Balance Fresh Apple	WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Apple	Fish Tacos WG White Mini Corn Tortillas (4) w/ Fish Sticks (3) Pico de Gallo Mixed Vegetables Baby Baker Potatoes IW Mandarin Orange	Diced Chicken Salsa Ranchera Peas & Carrots Mexican Rice WG White Corn Tortillas (2) IW Pears
25	26	27	28	29
WG Mini Bagel w/ Cream Cheese 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 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 Mayo & Mustard Canned Apricot	Chicken Ranch Pasta Salad Zucchini & Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Italian Dressing Fresh Apple
Sliced Turkey w/ Turkey Gravy Sweet Potatoes Scandinavian Veg Blend WW Crackers (4pk) IW Peach	Tri-Color Pasta w/ Parmesan Sundried Tomato Sauce & Chicken Breast Corn & Carrots WW Dinner Roll w/Smart Balance Fresh Orange	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 Pan Fried Egg Noodles WW Crackers (2pk) Fresh Orange SF Cookie	Vegetarian Enchiladas 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.

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