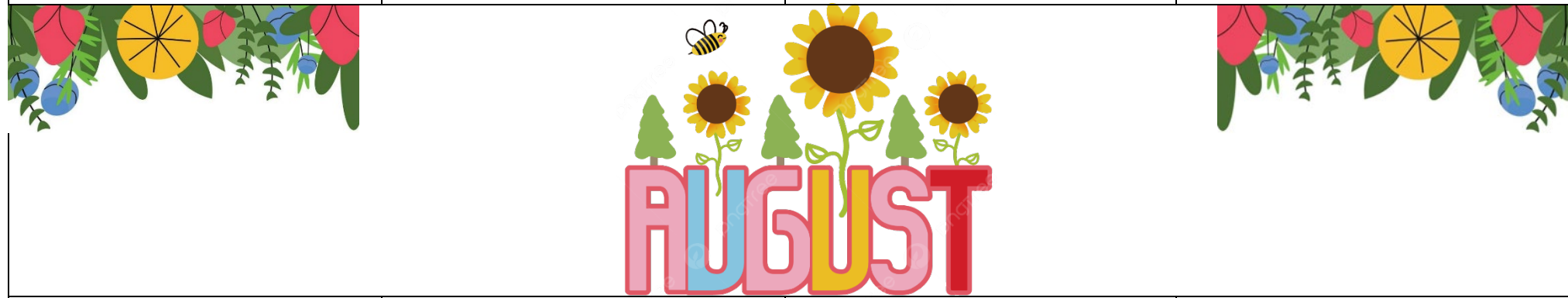
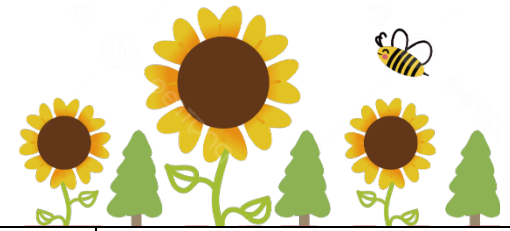


## Vegetarian Home Delivered Meals August Menu 2025

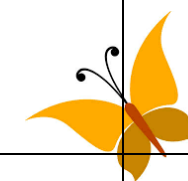
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Hardboiled Egg (1) WG Cheerios FF Yogurt (2) Orange Pineapple Juice & 1% Milk (2) Vegetarian Provencal Tofu Salad Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Fresh Orange Beef Sub w/ Veg Pepper Garlic Sauce Sliced Carrots Brown Rice WW Dinner Roll IW Pineapple Chunks
<b>4</b> Hardboiled Egg (1) WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Green Beans & Tomato Salad Mexican Style Salad Spring Mix WW Dinner Roll (2) IW Pears Meatless Burger Black Bean Vegan Country Mushroom Gravy Broccoli & Carrots Brown Rice IW Tropical Fruit Mix	<b>5</b> 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 Breaded Chickenless Patty w/ Vegetarian Gravy Italian Veg Blend Fettuccini IW Mandarin Orange	<b>6</b> Hardboiled Egg (1) WG Cheerios FF Yogurt (2) WW Bread Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Vegan Chicken Tender Spring Mix WW Cracker (4pk) WW Dinner Roll (2) IW Peach Vegetarian Enchilada Casserole Peas & Carrots Veg Cilantro Lime Rice IW Pears	<b>7</b> WG Oatmeal Pouch WW Bread Orange-Pineapple Juice & 1% Milk (2) Vegan Taco Salad (Chickenless Sub, Pinto Beans, Corn, Shredded Cheese) Spring Mix WW Crackers (4pk) IW Pineapple Chunks Vegan Fish Fillet Oriental Veg Blend Brown Rice WW Dinner Roll Tartar Sauce Fresh Orange	<b>8</b> WG Cheerios Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Sub Green Pepper & Tomato Salad WW Crackers (4pk) WW Dinner Roll (2) IW Tropical Fruit Mix Spinach & Mushroom Quiche Vegetarian Sausage (1) Mixed Vegetables Baby Baked Potatoes Fresh Apple
<b>11</b> WG Oatmeal Pouch WW Bread FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chickenless Ranch Pasta Salad California Salad Spring Mix WW Dinner Roll (2) IW Peach Vegan Fish Green Beans Cooked Bowtie Pasta Tartar Sauce Fresh Apple	<b>12</b> WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Corn Pasta Salad Tomato Cucumber Salad WW Crackers (2pk) IW Pineapple Chunks Chickenless Tender Chile Verde Pinto Beans Broccoli WG White Mini Corn Tortillas (2) Fresh Orange	<b>13</b> WG Oatmeal Pouch Hardboiled Egg (2) FF Yogurt (2) Orange Juice & 1% Milk (2) Meatless Burger WG Hamburger Bun w/ Meatless Burger Patty Corn, Lima Beans & Tomato Salad Mayo/ Mustard IW Mandarin Orange Garden Chili w/ Kidney Beans Carrots Mixed Vegetables WW Dinner Roll (2) IW Tropical Fruit Mix	<b>14</b> WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chickenless Salad w/ Balsamic Dressing Coleslaw Spring Mix WW Dinner Roll (2) IW Pears Vegetarian Lasagna Broccoli & Carrots Brown Rice Fresh Apple	<b>**15**</b> WG Cheerios Granola Honey Bar Orange Juice & 1% Milk (2) Chef's Salad (Chickenless Chunk, Peppers, Corn, Carrots, Cucumber, Shredded Swiss Cheese) Spring Mix WW Dinner Roll (2) Homemade Ranch Dressing Fresh Apple <b>*Western Celebration Holiday Meal*</b> Chickenless Strips w/ Teriyaki Sauce Broccoli Jasmine Rice IW Pineapple Chunks Creamy Mango Pudding






## Vegetarian Home Delivered Meals August Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
WG Oatmeal Pouch WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chickenless Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll (2) IW Peach Breaded Chickenless Patty Veg Country Mushroom Gravy Peas & Carrots Orzo with Vegetable Pilaf Fresh Orange	WG Waffle w/ SF Syrup LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) IW Tropical Fruit Mix Vegan Fish Fillet w/ Veg Diane Sauce Mixed Vegetables Fettuccini WW Dinner Roll Fresh Apple	WG Oatmeal Pouch Hardboiled Egg (1) FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Barley Salad w/ Mango Dressing & Chickenless Chicken Corn, Lima Beans & Tomato Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) Fresh Apple Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice IW Pears	WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2) Heart Healthy Garbanzo Salad Beets & Orange Salad Spring Mix WW Dinner Roll (2) IW Peach Tofu w/ Kung Pao Sauce Peas & Carrots Jasmine Rice Fresh Orange	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Thai Citrus Crunch Salad Mexican Corn, Zucchini & Tomato Salad WW Dinner Roll (2) IW Mandarin Orange Pepper, Zucchini & Cheddar Frittata Vegan Chicken Tender Winter Vegetable Blend Vegetarian Mexican Rice WG White Corn Tortilla (1) Fresh Apple
25	26	27	28	29
WG Mini Bagel w/ Cream Cheese Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Vegetarian Provencal Tofu Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Dinner Roll (2) Fresh Apple Vegan Fish Fillet w/ Veg Braised Savory Tomato Scandinavian Veg Blend Brown Rice Canned Apricot	WG Oatmeal Pouch WW Bread FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Chickenless Pasta Salad w/ Poppy Seed Dressing Herbed Farro Salad w/ Walnuts & Feta Cheese Spring Mix WW Crackers (2pk) IW Mandarin Orange Cheese Ravioli w/ Marinara Sauce Vegan Chicken Tender Broccoli & Carrots Polenta WW Dinner Roll IW Peach	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chickenless Corn Pasta Salad Green Pepper & Tomato Salad Spring Mix WW Crackers (2pk) IW Pears Meatless Meatball Sweet Citrus Glaze Fiesta Vegetable Mix Vegetarian Cilantro Lime Rice WW Dinner Roll (2) Fresh Apple	WG Blueberry Muffin LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Vegan Hamburger WG Hamburger Bun w/ Meatless Burger Patty Spring Mix Black Bean & Corn Salad Mayo & Mustard Canned Apricot Tofu Cutlet w/ Asian Sauce Oriental Veg Blend Vegetarian Rice Pilaf IW Mandarin Orange	WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Chickenless Ranch Pasta Salad Zucchini & Tomato Salad WW Dinner Roll w/Smart Balance Fresh Apple Chickenless Tenders w/ Ranchera Sauce Peas & Carrots Pinto Beans WG White Corn Tortilla (2) 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

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)