



Asian Home Delivered Meals September Menu 2025




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Labor Day Holiday Celebration**	2 WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Pork Taco Bowl (Pork, Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Cilantro Lime Dressing Fresh Orange	3 WG Raisin Bran WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix	4 WG Waffle w/ SF Syrup FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Chicken Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) IW Peach	5 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey Spring Mix Mexican Style Salad Mayo/ Mustard IW Pears
Chicken Breast & Brown Gravy Corn Rice Pilaf WW Dinner Roll (1) Fresh Apple Lemon Cream Cake Cup 1% Milk	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Jasmine Rice WW Crackers (4pk) IW Pears	Curried Chicken Stir Fry Supreme Veg. Blend Jasmine Rice Chopped Green Onion w/ Sesame Seeds IW Mandarin Orange	Beef Ragout Broccoli Brown Rice Chopped Cilantro Fresh Apple	Stir Fried Chicken w/ Vegetables Capri Vegetables Carrots Egg Noodle WW Dinner Roll w/ Smart Balance Fresh Orange
8	9	10	11	**12**
WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Tarragon Chicken Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Mandarin Orange	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chicken Pasta Salad w/ Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Orange	WW Bread w/ Cottage Cheese WG Cheerios FF Yogurt SF Jelly & Smart Balance Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Zucchini & Tomato Salad WW Dinner Roll (2) w/ Smart Balance IW Pears	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Creamy Chicken Pesto Salad Corn, Lima Beans & Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing IW Peach	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
Fish Fillet Vietnamese Caramel Sauce Corn & Lima Beans Brown Rice Fresh Apple SF Cookie	Chicken in Ginger Sauce Italian Veg Blend Pineapple Fried Rice IW Peach	Fish in Asian Sauce Scandinavian Blend Jasmine Rice Chopped Green Onion Fresh Apple	Orange Chicken Chicken w/ Orange Sauce Stir Fry Bok Choy Jasmine Rice IW Mandarin Orange	**Western Day Holiday Celebration** Pork Carnitas BBQ Sauce Black Beans & Carrots WG Corn Bread & Smart Balance Peach Crisp
15	16	17	18	19
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	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	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	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	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
Cubed Beef w/ Stew Gravy Stew Vegetables Broccoli Jasmine Rice IW Tropical Fruit Mix	Shrimp & Pork in Hot Sauce Stir Fry Supreme Veg Blend Brown Rice Sesame Seeds/ Chopped Onion Fresh Orange	Chicken in Tamarind Broccoli & Carrots Jasmine Rice Sesame Seeds Fresh Apple	Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend Brown Rice Fresh Orange	Fish in Tomato Sauce Peas & Carrots Rice Pilaf Chopped Green Onion Fresh Apple





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
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 **First Day of Fall Holiday Celebration** Cubed Beef Goulash California Blend Egg Noodles Fresh Apple Tiramisu Cake Cup	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 Noodles 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 Chicken in Ginger Sauce Mixed Vegetables Brown Rice Chopped Green Onions IW Pineapple Chunks
29	30			
WG Oatmeal Pouch Granola Honey Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chicken Quinoa Salad Black Bean & Corn Salad Spring Mix WW Dinner Roll (2) IW Peach Chicken Meatballs Curry Pineapple Sauce California Vegetable Blend Pineapple Fried Rice IW Mandarin Orange	WG Waffle w/ SF Syrup & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing SF Ambrosia Pork Tenderloin w/ Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple			

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.