



Hispanic Home Delivered Meals September Menu 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Labor Day Holiday Celebration**	2 WG Oatmeal Pouch WW Bread 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 (2) Cilantro Lime Dressing Fresh Orange	3 WG Cheerios WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chicken Salad Asian Cucumber Salad WW Dinner Roll (2) IW Tropical Fruit Mix Carne Con Chile (Beef w/ Chili Sauce) Scandinavian Blend Carrots Pinto Beans Mexican Rice IW Pears	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 Dinner Roll w/ Smart Balance Homemade Ranch Dressing IW Peach Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (2) Fresh Apple	5 WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey Mexican Style Salad Mayo/ Mustard IW Pears Green Chicken Casserole Fajita Veg Blend Pinto Beans WW Dinner Roll (2) w/ Smart Balance Fresh Orange
8 WG Oatmeal Pouch FF Yogurt Cottage Cheese Orange Juice & 1% Milk (2) Tarragon Chicken Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Italian Dressing IW Mandarin Orange Fish Fillet Ranchera Sauce Corn & Lima Beans WG Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix	9 WW Bread (2) w/ Peanut Butter & SF Jelly Hardboiled Egg (1) 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 Cheese Enchiladas w/ Red Enchilada Sauce Peas & Carrots Spanish Rice IW Pineapple Chunks	10 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 w/ Smart Balance IW Pears Pork Carnitas w/ Tomatillo Sauce Fiesta Vegetable Blend Carrots Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple	11 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 Salisbury Steak w/ Ranchera Sauce Broccoli Cuts Spanish Rice IW Mandarin Orange	**12** 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 **Western Day Holiday Celebration** Pork Carnitas BBQ Sauce Black Beans & Carrots WG Corn Bread & Smart Balance Peach Crisp
15 WG Cheerios Granola Honey Bar 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 Barbacoa Beef Pico de Gallo Pinto Beans Mixed Vegetables WG Corn Mini Tortillas (2) IW Tropical Fruit Mix	16 WG Oatmeal Pouch Hardboiled Egg (2) FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Crackers (4pk) Italian Dressing IW Mandarin Orange Sliced Turkey w/ Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) w/ Smart Balance Fresh Apple	17 WW Bread w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt LF String Cheese Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll w/ Smart Balance IW Peach Pulled Pork w/ Chile Verde Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) IW Pears	18 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 Crackers (4pk) Cilantro Lime Dressing IW Pineapple Chunks Breaded Fish Pico de Gallo Sliced Carrots WG White Corn Mini Tortillas (2) Brown Rice Fresh Orange	19 WG Cheerios WW Bread w/ Smart Balance & SF Jelly 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 Carne Con Chile (Beef w/ Chili Sauce) Fajitas Veg Blend WG White Corn Mini Tortillas (2) Spanish Rice Fresh Apple





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
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 (2) 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 w/ Smart Balance Homemade Ranch Dressing Fresh Apple
First Day of Fall Holiday Celebration Cubed Beef Goulash California Blend Egg Noodles Fresh Apple Tiramisu Cake Cup	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	Pork Carnitas Tomatillo Sauce Mixed Vegetables Tomato Cilantro Lime Rice WG Corn Mini Tortillas (2) IW Pineapple Chunks
29	30			
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)			
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			
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			

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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