


# Lactose Free Home Delivered Meals September Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>**1**</b> <b>**Labor Day Holiday Celebration**</b>  Chicken Breast w/ LF Gravy Corn LF Rice Pilaf WW Dinner Roll (1) Fresh Apple Cherry Pie LF Milk	<b>2</b> WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (2) LF Pork Taco Bowl (Pork, Pinto Beans, Corn, LF Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Fresh Orange Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Jasmine Rice WW Crackers (4pk) IW Pears	<b>3</b> WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) LF Cranberry Basil Chicken Salad Asian Cucumber Salad WW Dinner Roll IW Tropical Fruit Mix Carne con Chile (Beef w/ Chili Sauce) Scandinavian Veg Blend Carrots Pinto Beans Mexican Rice White Corn Tortilla (2) IW Pears	<b>4</b> WG Oatmeal LF Yogurt (2) Orange Pineapple Juice & LF Milk (2) LF Greek Chicken Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Crackers (4pk) WW Dinner Roll IW Peach Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (1) Fresh Apple	<b>5</b> WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey LF Mexican Style Salad Mayo/ Mustard IW Pears Roast Beef LF Gravy Sweet Potatoes Cooked Spinach WW Dinner Roll (2) Fresh Orange
<b>8</b> WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) LF Tarragon Chicken Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Crackers (4pk) WW Dinner Roll w/ Smart Balance Balsamic Dressing IW Mandarin Orange Fish Fillet Ranchera Sauce Corn & Lima Beans Mexican Rice WG Corn Mini Tortillas (2) IW Tropical Fruit Mix	<b>9</b> WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Chicken Pasta Salad w/ LF Poppy Seed Dressing Broccoli & Pepper Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Balsamic Dressing Fresh Orange Penne Pasta w/ Marinara Sauce LS Ground Turkey Italian Veg Blend IW Pineapple Chunks	<b>10</b> WW Bread w/ SF Jelly & Smart Balance WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF 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 Blend Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Apple	<b>11</b> WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) Creamy Chicken Pesto Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) w/ Smart Balance IW Peach Roast Beef w/ LF Mushroom Brown Gravy & LF Mashed Potatoes Broccoli & Carrots WW Crackers (4pk) IW Mandarin Orange	<b>**12**</b> Hardboiled Egg (1) WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Mediterranean Tuna Salad LF Corn & Tomato Salad w/ Pesto Dressing Spring Mix WW Bread (2) Balsamic Ranch Dressing Fresh Orange <b>**Western Day Holiday Celebration**</b> Pork Carnitas BBQ Sauce Black Beans & Carrots WW Dinner Roll (2) w/ Smart Balance Peach Crisp
<b>15</b> WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Chicken w/ Green Beans & Tomato Salad LF Mexican Style Salad WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance IW Pears Cubed Beef w/ LF Stew Gravy Broccoli Stew Vegetables Jasmin Rice IW Tropical Fruit Mix	<b>16</b> WG Oatmeal Pouch Hardboiled Egg (2) WW Bread Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix Balsamic Dressing IW Mandarin Orange Sliced Turkey w/ LF Florentine Sauce Italian Veg Blend Fettuccini WW Dinner Roll (2) Fresh Orange	<b>17</b> WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Thai Citrus Crunch Salad w/ Roast Beef WW Dinner Roll (2) w/ Smart Balance IW Peach Pulled Pork w/ Tomatillo Sauce Pinto Beans Corn & Lima Beans WG White Corn Tortillas (2) Fresh Apple	<b>18</b> WG Oatmeal Pouch WW Bread LF Yogurt Orange-Pineapple Juice & LF Milk (2) Beef Taco Salad (Crumbled Beef, Pinto Beans, Corn, LF Shredded Cheese) Spring Mix Cilantro Lime Dressing IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Veg Blend & Carrots Brown Rice WW Dinner Roll (2) Fresh Orange	<b>19</b> WG Raisin Bran Granola Honey Bar LF Yogurt (2) Orange Juice & LF Milk (2) Diced Chicken Green Pepper & Tomato Salad Spring Mix WW Crackers (4pk) IW Tropical Fruit Mix LF Spinach & Mushroom Quiche Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) Fresh Apple



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MONDAY **22**	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<b>WG Oatmeal Pouch</b> <b>LF Yogurt (2)</b> <b>Orange-Pineapple Juice &amp; LF Milk (2)</b>	<b>WG Cheerios</b> <b>Granola Honey Bar</b> <b>LF Yogurt (2)</b> <b>Orange Juice &amp; LF Milk (2)</b>	<b>WG Oatmeal Pouch</b> <b>LF Yogurt (2)</b> <b>Orange Juice &amp; LF Milk (2)</b>	<b>WW Bread (2) w/ Peanut Butter &amp; SF Jelly</b> <b>LF Yogurt (2)</b> <b>Orange-Pineapple Juice &amp; LF Milk (2)</b>	<b>WG Cheerios</b> <b>LF Yogurt</b> <b>Orange Juice &amp; LF Milk (2)</b>
<b>LF Chicken Ranch Pasta Salad</b> <b>California Salad</b> <b>Spring Mix</b> <b>WW Dinner Roll w/ Smart Balance</b> <b>Balsamic Dressing</b> <b>IW Peach</b>	<b>Chicken Corn Pasta Salad</b> <b>Tomato Cucumber Salad</b> <b>Spring Mix</b> <b>WW Dinner Roll (2) w/ Smart Balance</b> <b>IW Pineapple Chunks</b>	<b>Beef Hamburger</b> <b>WG Hamburger Bun w/ Beef Patty</b> <b>Corn, Lima Bean &amp; Tomato Salad</b> <b>Spring Mix</b> <b>Mayo/ Mustard</b> <b>IW Mandarin Orange</b>	<b>LF Greek Quinoa Chicken Salad w/ Balsamic Dressing</b> <b>Coleslaw</b> <b>Spring Mix</b> <b>WW Dinner Roll (2)</b> <b>w/ Smart Balance</b> <b>IW Pear</b>	<b>LF Chef's Salad</b> <b>(Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Lactose Free Shredded Swiss Cheese)</b> <b>Spring Mix</b> <b>WW Dinner Roll (2)</b> <b>LF Homemade Ranch Dressing</b> <b>Fresh Apple</b>
<b>**First Day of Fall Holiday Celebration**</b> <b>Cubed Beef</b> <b>LF Goulash</b> <b>California Blend</b> <b>Egg Noodles</b> <b>Fruit Yogurt Delight</b>	<b>Turkey Pot Roast w/ LF Brown Gravy</b> <b>Peas &amp; Carrots</b> <b>LF Mashed Potatoes</b> <b>WW Crackers (2pk)</b> <b>Fresh Orange</b>	<b>Chicken Breast</b> <b>w/ LF Coconut Curry Sauce</b> <b>Sliced Carrots</b> <b>Egg Noodle</b> <b>WW Crackers (4pk)</b> <b>IW Tropical Fruit Mix</b>	<b>Roast Beef w/ LF Brown Gravy</b> <b>Cooked Spinach</b> <b>Brown Rice</b> <b>Fresh Apple</b>	<b>Pork Carnitas</b> <b>Mixed Vegetables</b> <b>Tomato Cilantro Rice</b> <b>WG White Corn Mini Tortillas (2)</b> <b>IW Pineapple Chunks</b> <b>Tomatillo Sauce</b>
<b>29</b> <b>WG Oatmeal Pouch</b> <b>Granola Honey Bar</b> <b>LF Yogurt (2)</b> <b>Orange Juice &amp; LF Milk (2)</b>	<b>30</b> <b>WG Cheerios</b> <b>LF Yogurt (2)</b> <b>Orange-Pineapple Juice &amp; LF Milk (2)</b>			
<b>LF Mediterranean Chicken Quinoa Salad</b> <b>Black Bean &amp; Corn Salad</b> <b>Spring Mix</b> <b>WW Dinner Roll (2)</b> <b>IW Peach</b>	<b>Mexican Tuna Salad</b> <b>Tomato Cucumber Salad</b> <b>WW Bread (2)</b> <b>IW Tropical Fruit Mix</b>			
<b>Meatless Meatballs</b> <b>w/ Huli Huli Pineapple Sauce</b> <b>Carrots</b> <b>Orzo Vegetable Pilaf</b> <b>Fresh Orange</b>	<b>Pork Tenderloin</b> <b>w/ Sweet Citrus Glaze Sauce</b> <b>Sweet Potatoes</b> <b>Broccoli &amp; Carrots</b> <b>WW Dinner Roll (2)</b> <b>Fresh Apple</b>			

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.