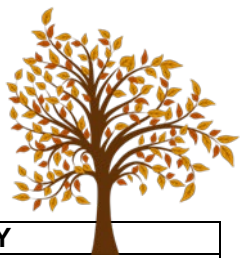
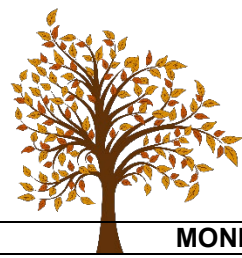





Multicultural Home Delivered Meals September Menu 2025


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Labor Day Holiday Celebration** Chicken Breast w/ Brown Gravy Corn Rice Pilaf WW Dinner Roll (1) Lemon Cream Cake Cup Fresh Apple 1% Milk	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 Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Veg Blend Jasmine Rice WW Crackers (4pk) IW Pears	3 Hard Boiled Egg (2) WG Raisin Bran WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chicken Salad Asian Cucumber Salad WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Cheese Ravioli w/ Marinara Sauce Broccoli Italian Veg Blend IW Mandarin Orange	4 WG Waffle w/ SF Syrup & Smart Balance 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 w/ Smart Balance Homemade Ranch Dressing IW Peach Chicken Tinga w/ Tinga Sauce Diced Carrots Spanish Rice WG White Corn Tortilla (1) Fresh Apple	5 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Turkey Sandwich WW Bread (2) w/ Sliced Turkey Mexican Style Salad Mayo/ Mustard IW Pears Roast Beef Burgundy Sauce Sweet Potatoes Cooked Spinach WW Dinner Roll (2) w/ Smart Balance Fresh Orange
8 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 w/ Smart Balance Italian Dressing IW Mandarin Orange Fish Fillet Corn & Lima Beans WG White Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix Ranchera Sauce	9 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt LF String Cheese 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 Penne Pasta w/ Marinara Sauce LS Ground Turkey Italian Veg Blend Parmesan Cheese (1pkt) 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 Blend 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 WW Dinner Roll (2) w/ Smart Balance IW Peach Salisbury Steak w/ Mushroom Brown Gravy Broccoli Cuts Mashed Potatoes WW Crackers (4pk) 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 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	16 WG Oatmeal Pouch Hardboiled Egg (2) WW Bread FF Yogurt (1) 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	17 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	18 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	19 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





Multicultural Home Delivered Meals September Menu 2025

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 (2) Orange Juice & 1% Milk (2)	WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & S 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 Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing 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 Crackers (4pk) 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	Turkey Pot Roast w/ Brown Gravy Peas & Carrots WW Corn Muffin WW Crackers (4pk) Fresh Orange	Chicken Breast w/ Coconut Curry Sauce Sliced Carrots Egg Noodle WW Crackers (4pk) IW Tropical Fruit Mix	Roast Beef w/ Brown Gravy Cooked Spinach Bow Tie Pasta Fresh Apple	Pork Carnitas Tomatillo Sauce Mixed Vegetables Tomato Cilantro Lime Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks
29	30			
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)			
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			
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			

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.