


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Labor Day Holiday Celebration** Chicken Breast Sub w/ Brown Gravy Corn & Carrots Rice Pilaf WW Dinner Roll (1) Fresh Apple Lemon Cream Cake Cup 1% Milk	2 WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Vegan Taco Bowl (Chickenless Chunks, Pinto Beans, Corn, Shredded Cheese) Spring Mix Mexican Quinoa Salad WG White Corn Mini Tortillas (3) Cilantro Lime Dressing Fresh Orange Breaded Chickenless Patty w/ Veg Apricot Sauce Corn & Lima Beans WW Dinner Roll Jasmine Rice IW Pears	3 WG Cheerios WG Granola Bar FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix Tofu Cutlet w/ Veg Coconut Curry Sauce Carrots Brown Rice IW Mandarin Orange	4 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Chickenless Quinoa Salad w/ Balsamic Dressing Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Peach Spinach & Mushroom Quiche Scandinavian Veg Blend Vegetarian Spanish Rice Fresh Orange	5 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Classic Egg Salad Mexican Style Salad Spring Mix WW Bread (2) IW Pears Chickenless Tenders Veg Creole Sauce Mixed Vegetables Fettuccini Pasta WW Dinner Roll Fresh Orange
8 WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (2) Tarragon Chickenless Salad w/ Yogurt Dressing Tomato Cucumber Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Mandarin Orange Fish Sub Ranchera Sauce Corn & Lima Beans Vegetarian Mexican Rice WG Corn Mini Tortillas (4) IW Tropical Fruit Mix	9 WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chickenless 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 Chickenless Tender Italian Veg Blend Parmesan Cheese (1pkt) IW Pineapple Chunks	 10 WW Bread w/ SF Jelly WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Zucchini & Tomato Salad WW Dinner Roll w/ Smart Balance IW Pears Chickenless Strips w/ Ranchera Sauce Fiesta Blend Vegetarian 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 Chickenless Pesto Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll (2) IW Peach Meatless Meatball VG Mushroom Brown Gravy Broccoli Cuts & Carrots Mashed Potatoes WW Dinner Roll IW Mandarin Orange	**12** 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 **Western Day Holiday Celebration** Chicken Breast Sub BBQ Sauce Black Beans & Carrots WG Corn Bread Peach Crisp
15 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	16 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	17 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	18 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	19 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

Vegetarian Home Delivered Meals September Menu 2025

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

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