

Hispanic Home Delivered Meals October Menu 2025

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
				1	2	3
				WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears	WG Cheerios Hardboiled Egg (1) FF Yogurt (2) WG Chocolate Granola Orange Juice & 1% Milk (2) Tuna Salad Tomato Cucumber Salad Spring Mix Edamame WW Bread (2) Italian Dressing Fresh Apple Cheese Enchiladas w/ Red Enchilada Sauce Pinto Beans Spanish Rice IW Pineapple Chunks	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad Spring Mix WW Crackers (4pk) IW Peaches Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Carrots Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Orange
				Salisbury Steak w/ Salsa Ranchera Carrots Spanish Rice IW Mandarin Orange		
6		7		8	9	10
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears Pulled Pork w/ Salsa Verde Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple		WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll IW Mandarin Orange Carne con Chile (Cubed Beef w/ Chili Sauce) Fajitas Veg Blend WG White Corn Mini Tortillas (2) Spanish Rice IW Peaches		WG Cheerios LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks Breaded Fish Sliced Carrots Brown Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Ground Pork Black Beans & Corn Roasted Fajitas Blend Spring Mix WW Rotini Cilantro Lime Dressing IW Peaches Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix	WG Cheerios WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll IW Apricot Fish Taco WG White Corn Tortillas (2) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo IW Mandarin Orange
13		14		15	16	17
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches Breaded Fish Broccoli WG White Corn Tortilla (2) Spanish Rice Pico de Gallo Fresh Apple		WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (2) Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange Barbacoa Beef Mixed Vegetables Pinto Beans WG White Corn Mini Tortillas (2) Pico de Gallo Ambrosia		WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot Pork Carnitas w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears Tilapia Fillet Salsa Ranchera Peas & Carrots Rice Pilaf Fresh Orange	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Corn, Lima bean & Tomato Salad Ketchup IW Tropical Fruit Mix Ground Turkey Picadillo Sauce Mixed Vegetables Red Skin Potatoes WG White Corn Tortillas (2) IW Mandarin Orange

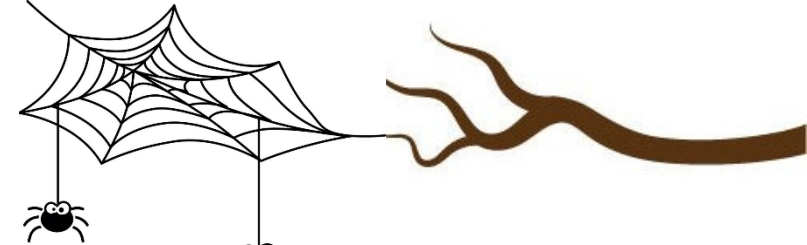
Voluntary Contribution \$5.25 per day

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TURN OVER



Hispanic Home Delivered Meals October Menu 2025



MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad WW Dinner Roll (2) w/ Smart Balance IW Peaches Fish Tacos WG White Corn Mini Tortillas (2) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo Fresh Orange	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia Pork Tenderloin w/ Salsa Verde Broccoli & Carrots WG White Corn Mini Tortillas (2) Spanish Rice Fresh Apple	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Barley Mango Salad w/ Turkey Roast Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix Diced Chicken w/ Salsa Ranchera Mixed Vegetables Mexican Rice WG White Corn Tortilla (2) IW Pears	WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & 1% Milk (2) Classic Egg Salad Heart Healthy Garbanzo Salad Spring Mix WW Bread (2) IW Apricot Green Chicken Casserole Carrots Pinto Beans WW Crackers (4pk) IW Pineapple Chunks	WG Oatmeal Pouch WG Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) Italian Dressing IW Mandarin Orange Spinach & Mushroom Quiche Mixed Vegetables WW Dinner Roll IW Pears
27	28	29	30	**31**
WG Blueberry Muffin FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple Ground Turkey w/ Picadillo Sauce Scandinavian Vegetable Blend Red Skin Potatoes WG White Corn Tortilla (1) IW Peaches	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette IW Mandarin Orange Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Mexican Rice Pico de Gallo IW Tropical Fruit Mix	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix Mediterranean Chickpea Salad Mayo & Mustard IW Pears Chicken Breast Red Enchilada Sauce Peas & Carrots Mexican Rice WG White Corn Tortilla (1) Sour Cream Fresh Orange	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Beef Hamburger WG Hamburger Bun w/ Beef Patty Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot Baked Fish w/ Salsa Ranchera Black Beans Mexican Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	WW Bread (2) Hummus LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing Fresh Apple ** Halloween Holiday Meal** Cubed Beef Stew Gravy Baby Potatoes Broccoli & Carrots WG Corn Bread IW Peaches Pistachio Pudding

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.

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