
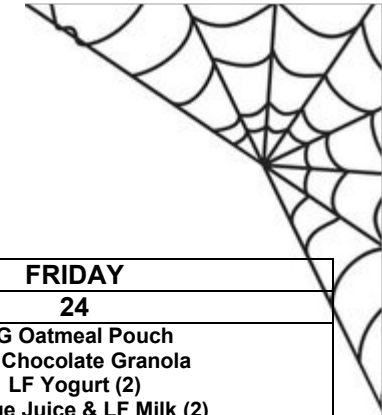
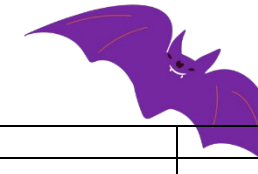




Lactose Free Home Delivered Meals October Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears Roast Beef w/ LF Mushroom Brown Gravy Carrots LF Mashed Potatoes IW Mandarin Orange	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple Cubed Beef w/ LF Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	WW Bread (2) Hummus WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (2) LF Creamy Pesto Chicken Salad LF Heart Healthy Garbanzo Salad IW Peaches LF Meatless Meatball w/ LF Brown Gravy LF Mashed Potatoes Peas WW Dinner Roll (2) w/ Smart Balance Fresh Orange
6	7	8	9	10
WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (2) Chicken w/ Green Beans & Tomato Salad LF Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears Pulled Pork w/ Tomatillo Salsa Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange Turkey Bolognese Italian Vegetable Blend WG Penne Pasta IW Peaches	WG Cheerios WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (2) Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & LF 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 LF Yogurt (2) Orange Juice & LF Milk (2) LF Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot Baked Fish Mixed Vegetables Baby Baker Potato WG White Corn Mini Tortillas (4) Pico de Gallo IW Mandarin Orange
13	14	15	16	17
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) LF Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Balsamic Vinaigrette Dressing IW Peaches Breaded Fish Broccoli WG White Corn Tortilla (1) LF Spanish Rice Pico de Gallo Fresh Apple	WG Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (2) LF Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, LF Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange Cubed Beef w/ Stroganoff Sauce Carrots Egg Noodles Ambrosia	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (2) LF Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot Pork Carnitas w/ LF Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears Roast Turkey w/ LF Gravy Peas & Carrots LF Orzo Vegetable Pilaf Fresh Orange	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Beef Hamburger WG Hamburger Bun w/ Beef Patty Corn, Lima bean & Tomato Salad Spring Mix Ketchup / Mustard LF Homemade Ranch Dressing IW Tropical Fruit Mix Orange Chicken Diced Chicken w/ LF Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange





Lactose Free Home Delivered Meals October Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (2)	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2)	WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & LF Milk (2)	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (2)
LF Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Cilantro Lime Dressing IW Peaches	Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Ambrosia	Barley Mango Salad w/ Turkey Roast Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll LF Homemade Ranch Dressing IW Tropical Fruit Mix	Classic Egg Salad LF Heart Healthy Garbanzo Salad Spring Mix Edamame WW Bread (2) IW Apricot	Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) IW Mandarin Orange
Baked Fish w/ LF Creamy Garlic Sauce Brussels Sprout LF Orzo Vegetable Pilaf Fresh Orange	Pork Tenderloin w/ LF Sweet Citrus Glaze Broccoli & Carrots Brown Rice WW Dinner Roll Fresh Apple	Diced Chicken w/ Salsa Ranchera Mixed Vegetables LF Mexican Rice WG White Corn Tortilla (2) IW Pears	Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks	LF Spinach & Mushroom Quiche Apple Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) IW Pears
27	28	29	30	**31**
WG Blueberry Muffin LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2)	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WG Oatmeal Pouch WG Chocolate Granola Bar LF Yogurt (2) Orange Juice & LF Milk (2)	WW Bread (2) Hardboiled Egg (1) Hummus LF Yogurt (2) Orange Juice & LF Milk (2)
Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple	LF Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Cilantro Lime Dressing Vinaigrette IW Mandarin Orange	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix LF Mediterranean Chickpea Salad Mayo & Mustard IW Pears	Beef Hamburger WG Hamburger Bun w/ Beef Patty Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot	Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll Fresh Apple
Sliced Turkey w/ LF Gravy LF Mashed Potatoes Scandinavian Veg Blend Carrots WW Dinner Roll (1) IW Peaches	Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) LF Mexican Rice Pico de Gallo IW Tropical Fruit Mix	Tri-Color Pasta w/ LF Parmesan Sundried Tomato Sauce & Chicken Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh Orange	Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks	**Halloween Holiday Meal** Cubed Beef LF Stew Gravy Baby Potatoes Broccoli & Carrot WG Corn Bread IW Peaches Gelatin

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.

