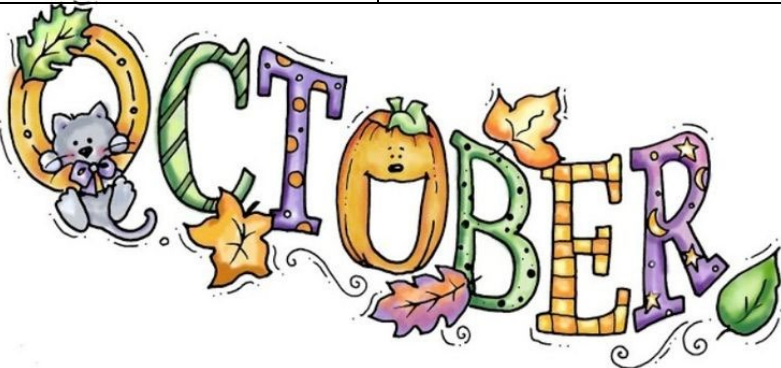




## Vegetarian Home Delivered Meals October Menu 2025

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 & Chickenless Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears		WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple		WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Creamy Pesto Chickenless Salad Heart Healthy Garbanzo Salad IW Peaches	
				Chickenless Chunk Salsa Ranchera Fiesta Blend Vegetarian Cilantro Lime Rice IW Mandarin Orange		Cubed Beef Sub w/ Vegetarian Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks		Meatless Meatball w/ Vegetarian Country Mushroom Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll (2) Fresh Orange	
6		7		8		9		10	
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Vegetarian Green Beans & Tomato Salad w/ Chickenless Chicken Mexican Style Salad WW Dinner Roll IW Pears		WG English Muffin w/ Vegetarian Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange		WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Chickenless Chicken Edamame WW Dinner Roll (2) IW Pineapple Chunks		WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Crumbled Beef Sub Black Beans & Corn Roasted Fajita Blend Spring Mix WW Rotini Feta Cheese Cilantro Lime Dressing IW Peaches		WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Quinoa Salad w/ Butternut Squash & Chickenless Chicken Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot	
Chickenless Tender w/ Salsa Tomatillo Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple		Fish Sub w/ Tartar Sauce Oriental Vegetable Blend Brown Rice IW Peaches		Chickenless Chunks w/ Vegetarian Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange		Spaghetti w/ Marinara Sauce & Crumbled Beef Sub Scandinavian Veg. Blend IW Tropical Fruit Mix		Fish Taco WG White Corn Mini Tortillas (4) w/ Fish Stick Sub (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) Chickenless Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches		WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (2) Vegetarian Chef's Salad (Chickenless Chicken, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange		WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot		WG Cheerios Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Chickenless Greek Quinoa Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears		WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Corn, Lima bean & Tomato Salad Spring Mix Ketchup / Mustard IW Tropical Fruit Mix	
Fish Sub Broccoli WG White Corn Tortilla (1) Vegetarian Spanish Rice Pico de Gallo Fresh Apple		Cubed Beef Sub w/ Vegetarian Stroganoff Sauce Carrots Egg Noodles Ambrosia		Chickenless Tender w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks		Garden Chili w/ Kidney Beans Mixed Vegetables Brown Rice Fresh Orange		Vegetarian Orange Chicken Chickenless Chunks w/ Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange	





## Vegetarian Home Delivered Meals October Menu 2025

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