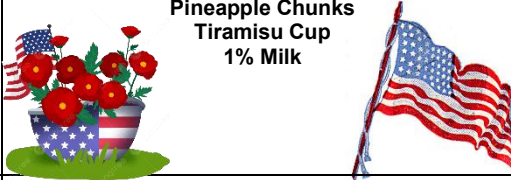




Asian Home Delivered Meals November Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches Hard Boiled Eggs (2) Apple Chicken Sausage (1) Capri Vegetable Blend Hash Brown WW Bread (2) Fresh Apple	4 WG Cheerios Orange-Pineapple Juice & 1% Milk (2) Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn, Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (2) Cilantro Lime Dressing & Sour Cream Fresh Orange Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears	5 WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (2) Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Pork & Tofu in Caramel Sauce Peas & Carrots Brown Rice IW Apricot	6 WG Pancakes (2) w/ SF Syrup & Smart Balance Omelette Orange-Pineapple 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 Apple Baked Fish Vietnamese Caramel Sauce Stir Fried Gai Lan Brown Rice IW Mandarin Orange	7 WG Waffle w/ SF Syrup WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches Beef Ragout Scandinavian Veg Blend WW Dinner Roll (2) w/ Smart Balance IW Pineapple
10 WG Pancake w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (2) Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice Dinner Roll w/ Smart Balance IW Tropical Fruit Mix	**11** **Veteran's Day Celebration** Roast Beef Mushroom Gravy Baby Baked Potatoes Broccoli & Carrots Dinner Roll Pineapple Chunks Tiramisu Cup 1% Milk 	12 WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Edamame WG Pita Bread Hummus IW Pears Baked Fish w/ Lemongrass Sauce Carrots Rice Pilaf IW Mandarin Orange	13 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple Cubed Beef w/ Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	14 WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad IW Peaches Chicken w/ Rice & Vegetables Stir Fried Gai Lan WW Dinner Roll (2) w/ Smart Balance Fresh Orange
17 WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad Edamame WW Dinner Roll (2) IW Pears Shrimp & Pork in Hot Sauce Peas & Carrots Brown Rice Fresh Apple	18 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 (2) IW Mandarin Orange Fish in Tomato Sauce Italian Veg Blend Brown Rice IW Peaches	19 WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% 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	20 WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Crumbled Pork Black Beans & Corn Feta Cheese 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	21 WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad Edamame WW Dinner Roll (2) IW Apricot Chicken in Tamarind Mixed Vegetables Jasmine Rice IW Mandarin Orange





Asian Home Delivered Meals November Menu 2025

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY **27**	FRIDAY **28**
WW Bread (2) w/ SF Jelly 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 w/ Sweet Citrus Glaze Stir Fried Gai Lan Brown Rice 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) Homemade Ranch Dressing Fresh Orange Stir-Fry Beef w/ Snow Peas Carrots Jasmine Rice Ambrosia	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot Chicken in Ginger Sauce Mixed Vegetables Brown Rice WW Dinner Roll IW Pineapple Chunks	**Thanksgiving Day Celebration** Roast Turkey Brown Gravy Mashed Potatoes Green Beans & Carrots Hawaiian Roll Fresh Orange Pumpkin Pie 1% Milk	**Thanksgiving Brunch** Sliced Ham Apricot Sauce Collard Greens Sweet Potatoes Dinner Roll Fruited Gelatin 1% Milk



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

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