

Lactose Free Home Delivered Meals November - Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF 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 Fresh Apple	4 WG Cheerios Orange-Pineapple Juice & LF Milk (2) LF Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn, LF Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (2) Cilantro Lime Dressing 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 LF Yogurt (2) Orange Juice & LF Milk (2) LF Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots LF Mexican Rice IW Apricot	6 WG Mini Bagel Peanut Butter & SF Jelly Orange-Pineapple 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 LF Homemade Ranch Dressing Fresh Apple WG Tricolor Pasta w/ LF Creamy Garlic Sauce & Chicken Breast Brussel Sprouts IW Mandarin Orange	7 WW Bread w/ Peanut Butter & SF Jelly WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches LF Beef Enchilada Casserole Scandinavian Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple
10 WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) LF Mexican Rice IW Tropical Fruit Mix	**11** **Veteran's Day Celebration** Roast Beef LF Mushroom Gravy Baby Baked Potatoes Broccoli & Carrots Dinner Roll Pineapple Chunks Ambrosia LF Milk 	12 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	13 WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Cilantro Lime Dressing Fresh Apple Cubed Beef w/ LF Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	14 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
17 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 Dinner Roll w/ Smart Balance IW Pears Pulled Pork w/ Tomatillo Salsa Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple	18 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	19 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	20 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 LF Feta Cheese Cilantro Lime Dressing IW Peaches Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix	21 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





Lactose Free Home Delivered Meals November Menu 2025

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY **27**	FRIDAY **28**
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) Cilantro Lime Dressing IW Apricot Pork Carnitas w/ LF Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	**Thanksgiving Day Celebration** Roast Turkey LF Brown Gravy LF Mashed Potatoes Green Beans & Carrots Hawaiian Roll Fresh Orange Cherry Pie LF Milk	**Thanksgiving Brunch** Sliced Ham Apricot Sauce Collard Greens Sweet Potatoes Dinner Roll Fruited Gelatin LF 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

www.MealsOnWheelsOC.org