



Multicultural Home Delivered Meals November Menu 2025

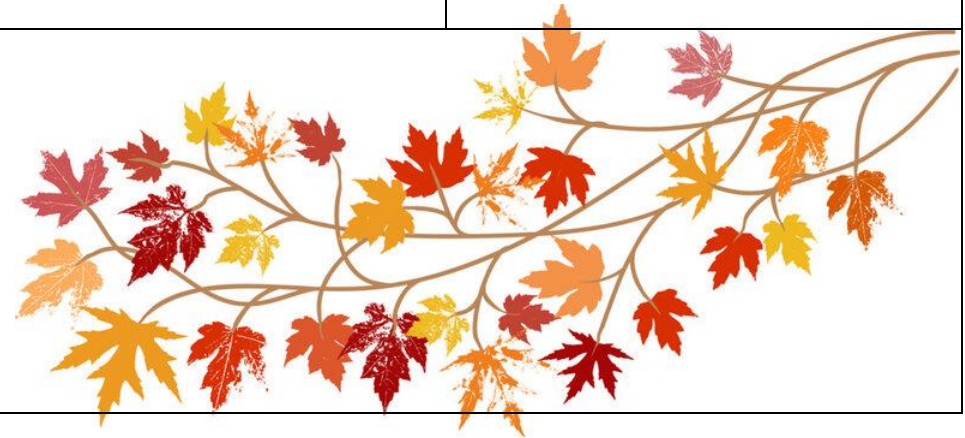
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches Hard Boiled Eggs (2) Apple Chicken Sausage (1) Capri Vegetable Blend Hash Brown WW Bread 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 Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots Mexican 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 Chicken Alfredo WG Tricolor Pasta w/ Alfredo Sauce & Chicken Breast Brussel Sprouts IW Mandarin Orange	7 WG Waffle Peanut Butter & SF Jelly 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 Enchilada Casserole Scandinavian Vegetable Blend Brown Rice 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 Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Mexican Rice 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 WG Chocolate Granola FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears Salisbury Steak w/ Mushroom Brown Gravy Carrots Mashed Potatoes 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 Meatball w/ Brown Gravy Mashed Potatoes Peas WW Dinner Roll (2) 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 WW 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 & 1% Milk (2) Couscous w/ 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 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) Ground Pork Black Beans & Corn Roasted Fajitas Blend Feta Cheese 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 FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot Fish Tacos WG White Corn Mini Tortillas (4) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo IW Mandarin Orange





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MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY **27**	FRIDAY **28**
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)	WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (2)	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2)	**Thanksgiving Day Celebration**	**Thanksgiving Brunch**
Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches	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	Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot	Roast Turkey Brown Gravy Mashed Potatoes Green Beans & Carrots Hawaiian Roll Fresh Orange Pumpkin Pie 1% Milk	Sliced Ham Apricot Sauce Collard Greens Sweet Potatoes Dinner Roll Fruited Gelatin 1% Milk
Breaded Fish Broccoli WG White Corn Tortilla (1) Spanish Rice Pico de Gallo Fresh Apple	Cubed Beef w/ Stroganoff Sauce Carrots Egg Noodles Ambrosia	Pork Carnitas w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks		



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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