



Vegetarian Home Delivered Meals November Menu 2025

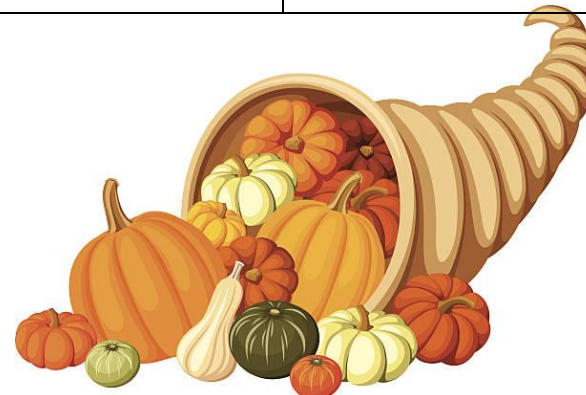
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Vietnamese Chickenless Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches Hard Boiled Eggs (2) Chickenless Sausage (1) Capri Vegetable Blend Carrots Hash Brown WW Bread Fresh Apple	4 WG Cheerios Orange-Pineapple Juice & 1% Milk (2) Beef Sub Taco Bowl (Crumbled Beef Sub, Pinto Beans, Corn, Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (2) Vegetarian Cilantro Lime Dressing & Sour Cream Fresh Orange Chickenless Chunks w/ Vegetarian 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 Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Vegetarian Carne con Chile (Cubed Beef Sub w/ Chili Sauce) Peas & Carrots Vegetarian Mexican Rice IW Apricot	6 WG Pancakes (2) w/ SF Syrup & Smart Balance Omelette Orange-Pineapple Juice & 1% Milk (2) Vegetarian Chef's Salad (Chickenless Chunks, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Vegetarian Homemade Ranch Dressing Fresh Apple Vegetarian Chicken Alfredo WG Tricolor Pasta w/ Vegetarian Alfredo Sauce & Chickenless Breast Brussel Sprouts IW Mandarin Orange	7 WG Waffle Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Greek Quinoa Chickenless Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance Balsamic Vinaigrette Dressing IW Peaches Vegetarian Enchilada Casserole Capri Vegetable Blend Vegetarian Cilantro Lime Rice IW Pineapple
10 WG Pancake w/ SF Syrup FF Yogurt (2) Orange Juice & 1% Milk (2) Signature Chickenless Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange Fish Sub Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Vegetarian Mexican Rice IW Tropical Fruit Mix	**Veteran's Day Celebration** Cubed Beef Sub Vegetarian Country Mushroom Gravy Baby Baked Potatoes Broccoli & Carrots Dinner Roll IW Pineapple Chunks Tiramisu Cup 1% Milk 	12 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 Chickenless Chunk Salsa Ranchera Fiesta Blend Vegetarian Cilantro Lime Rice IW Mandarin Orange	13 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 Cubed Beef Sub w/ Vegetarian 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 Chickenless Salad Heart Healthy Garbanzo Salad IW Peaches Meatless Meatball w/ Vegetarian Country Mushroom Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll (2) Fresh Orange
17 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 Chickenless Tender w/ Salsa Tomatillo Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple	18 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 Fish Sub w/ Tartar Sauce Oriental Vegetable Blend Brown Rice IW Peaches	19 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 Chickenless Chuk w/ Vegetarian 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 Beef Sub Black Beans & Corn Roasted Fajita Blend Spring Mix WW Rotini Cilantro Lime Dressing IW Peaches Spaghetti w/ Marinara Sauce & Crumbled Beef Sub Scandinavian Veg. Blend IW Tropical Fruit Mix	21 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 Vegetarian Fish Tacos WG White Corn Mini Tortillas (4) w/ Fish Stick Sub (3) Mixed Vegetables Baby Baker Potato Pico de Gallo IW Mandarin Orange





Vegetarian 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 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 Fish Sub Broccoli WG White Corn Tortilla (1) Vegetarian Spanish Rice Pico de Gallo Fresh Apple	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 Cubed Beef Sub w/ Vegetarian Stroganoff Sauce Carrots Egg Noodles Ambrosia	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 Chickenless Tender w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	**Thanksgiving Day Celebration** Breaded Chickenless Patty Vegetarian Brown Gravy Green Beans & Carrots Brown Rice Fresh Orange Pumpkin Pie 1% Milk	**Thanksgiving Brunch** Meatball Sub 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

www.MealsOnWheelsOC.org