



Asian Home Delivered Meals December Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing IW Peaches Baked Fish w/ Creamy Garlic Sauce Brussels Sprout Orzo Vegetable Pilaf Fresh Orange	2 WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia Pork Tenderloin w/ Sweet Citrus Glaze Broccoli & Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple	3 WG Oatmeal Pouch WW Bread (1) LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Barley Mango Salad w/ Turkey Roast Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix Diced Chicken w/ Curry Pineapple Sauce Mixed Vegetables Pineapple Fried Rice IW Pears	4 WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & 1% Milk (2) Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix Edamame WW Bread (2) IW Apricot Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice WW Dinner Roll IW Pineapple Chunks	5 WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) Italian Dressing IW Mandarin Orange Pork in Five Spice Sauce Mixed Vegetables Carrots Jasmine Rice WW Dinner Roll IW Pears
8 WG Blueberry Muffin FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Apple Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice IW Peaches	9 WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Dinner Roll (2) & Smart Balance Balsamic Vinaigrette IW Mandarin Orange Vietnamese Beef Curry Sliced Carrots Jasmine Rice IW Tropical Fruit Mix	10 WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix Mediterranean Chickpea Salad Mayo & Mustard IW Pears Baked Fish Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange	11 WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Beef Cheeseburger WG Hamburger Bun w/ Beef Patty & Slice Cheese Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot Diced Chicken w/ Huli Huli Pineapple Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks	12 WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (2) Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Apple Cubed Beef Pepper Garlic Sauce Broccoli & Carrots Brown Rice IW Peaches
15 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	16 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	17 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	18 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	**19** 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 **1st Day of Winter** Beef Pot Roast w/ Mushroom Gravy Mashed Potatoes & Carrots WW Dinner Roll (2) IW Pineapple Donut





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	**25**	26
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	WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Tofu Burrito Bowl (Roast Tofu, Fajitas, Black Beans) Spring Mix Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange Vietnamese Beef Curry Italian Vegetable Blend Jasmine Rice IW Pineapple Chunks	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	**Holiday Meal** Chicken Cordon Bleu Mixed Vegetables Rice Pilaf Fresh Apple Red Velvet Cake 1% Milk	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 w/ Feta Cheese IW Peaches Chicken w/ Rice & Vegetables Stir Fried Gai Lan WW Dinner Roll (2) w/ Smart Balance Fresh Orange
29	30	31		
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	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	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		

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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