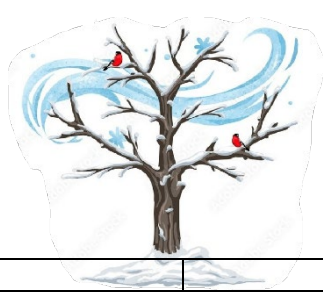


Hispanic Home Delivered Meals December Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal Pouch WG Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (2)
Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad WW Dinner Roll (2) w/ Smart Balance IW Peaches	Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia	Barley Mango Salad w/ Turkey Roast Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix	Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix WW Bread (2) IW Apricot	Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) Italian Dressing IW Mandarin Orange
Fish Tacos WG White Corn Mini Tortillas (2) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo Fresh Orange	Pork Tenderloin w/ Salsa Verde Broccoli & Carrots WG White Corn Mini Tortillas (2) Spanish Rice Fresh Apple	Diced Chicken w/ Salsa Ranchera Mixed Vegetables Mexican Rice WG White Corn Tortilla (2) IW Pears	Green Chicken Casserole Carrots Pinto Beans WW Crackers (4pk) IW Pineapple Chunks	Spinach & Mushroom Quiche Mixed Vegetables WW Dinner Roll IW Pears
8	9	10	11	12
WG Blueberry Muffin FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WW Bread (2) Hummus LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)
Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple	Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette IW Mandarin Orange	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix Mediterranean Chickpea Salad Mayo & Mustard IW Pears	Beef Hamburger WG Hamburger Bun w/ Beef Patty Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot	Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Apple
Ground Turkey w/ Picadillo Sauce Scandinavian Vegetable Blend Red Skin Potatoes WG White Corn Tortilla (1) IW Peaches	Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Mexican Rice Pico de Gallo IW Tropical Fruit Mix	Chicken Breast Red Enchilada Sauce Peas & Carrots Mexican Rice WG White Corn Tortilla (1) Sour Cream Fresh Orange	Baked Fish w/ Salsa Ranchera Black Beans Mexican Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	Vegetarian Enchiladas Casserole Broccoli & Carrots Brown Rice IW Peaches
15	16	17	18	**19**
WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WG Cheerios Orange-Pineapple Juice & 1% Milk (2)	WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (2)	WG Pancakes (2) w/ SF Syrup & Smart Balance Omelette Orange-Pineapple Juice & 1% Milk (2)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2)
Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	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	Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	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	Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches
Hard Boiled Eggs (2) Apple Chicken Sausage (1) Capri Vegetable Blend Carrots Hash Brown WW Bread Fresh Apple	Green Chicken Casserole Oriental Vegetable Blend Dinner Roll (2) w/ Smart Balance IW Pears	Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots Mexican Rice IW Apricot	Breaded Fish Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Pico de Gallo IW Mandarin Orange	**1st Day of Winter Celebration** Beef Pot Roast w/ Mushroom Gravy Mashed Potatoes Carrots WW Dinner Roll (2) IW Pineapple Chunks Donut





Hispanic Home Delivered Meals December Menu 2025

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)	WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2)	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2)	**Holiday Meal**	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2)
Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange	Tofu Burrito Bowl (Roast Tofu, Fajitas, Black Beans) Spring Mix Cilantro Lime Rice Pico de Gallo Fresh Orange	Greek Salad w/ Garbanzo Beans & Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears	Chicken Cordon Bleu Mixed Vegetables Rice Pilaf Fresh Apple Red Velvet Cake 1% Milk	Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix WW Crackers (4pk) IW Peaches
Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix	Fajita Plate Chicken Strips w/ Fajita Veg Blend Mexican Rice WG White Corn Tortilla (1) Salsa Verde IW Pineapple Chunks	Salisbury Steak w/ Salsa Ranchera Carrots Spanish Rice IW Mandarin Orange		Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Carrots Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Orange
29	30	31		
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2)	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2)	WG Cheerios LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)		
Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears	Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll IW Mandarin Orange	Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks		
Pulled Pork w/ Salsa Verde Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple	Carne con Chile (Cubed Beef w/ Chili Sauce) Fajitas Veg Blend WG White Corn Mini Tortillas (2) Spanish Rice IW Peaches	Breaded Fish Sliced Carrots Brown Rice WG White Corn Mini Tortillas (2) Pico de Gallo 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

www.MealsOnWheelsOC.org