



Asian Home Delivered Meals January Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			** NEW YEAR'S DAY CELEBRATION ** Colorful Frittata Tater Tots Chicken Apple Sausage Croissant w/ Smart Balance SF Cookie 1% Milk	WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad Edamame WW Dinner Roll (2) IW Apricot Chicken in Tamarind Mixed Vegetables Jasmine Rice IW Mandarin Orange
5	6	7	8	9
WW Bread (2) w/ SF Jelly WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches Breaded Fish w/ Sweet Citrus Glaze Stir Fried Gai Lan Brown Rice Fresh Apple	WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (2) Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Homemade Ranch Dressing Fresh Orange Stir-Fry Beef w/ Snow Peas Carrots Jasmine Rice Ambrosia	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot Chicken in Ginger Sauce Mixed Vegetables Brown Rice WW Dinner Roll IW Pineapple Chunks	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears Roast Turkey w/ Poultry Gravy Peas & Carrots Orzo Vegetable Pilaf Fresh Orange	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Corn, Lima bean & Tomato Salad Spring Mix Ketchup Italian Dressing IW Tropical Fruit Mix Orange Chicken Diced Chicken w/ Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange
12	13	14	15	16
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	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	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	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 IW Pineapple Chunks	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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
Martin Luther King Day Celebration	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 WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (2)
	BBQ McRib w/ BBQ Sauce Collard Green Rice Pilaf IW Peaches Almond Cookies (2) 1% Milk	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix Mediterranean Chickpea Salad Mayo & Mustard IW Pears	Beef Cheeseburger WG Hamburger Bun w/ Beef Patty & Slice Cheese 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
	Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Dinner Roll (2) & Smart Balance Balsamic Vinaigrette IW Mandarin Orange	Baked Fish Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange	Diced Chicken w/ Huli Huli Pineapple Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks	Cubed Beef Pepper Garlic Sauce Broccoli & Carrots Brown Rice IW Peaches
26	27	28	29	30
WG Oatmeal Pouch 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)	WG Waffle w/ SF Syrup WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2)
Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	(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 Hash Brown WW Bread (2) Fresh Apple	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears	Pork & Tofu in Caramel Sauce Peas & Carrots Brown Rice IW Apricot	Baked Fish Vietnamese Caramel Sauce Stir Fried Gai Lan Brown Rice IW Mandarin Orange	Beef Ragout Scandinavian Veg Blend WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunk

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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