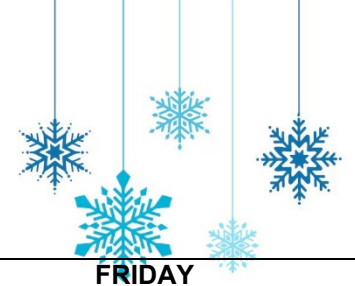
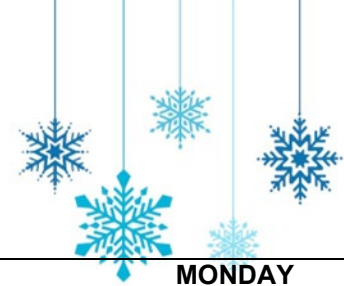




Hispanic Home Delivered Meals January Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			**1**	2
			** NEW YEAR'S DAY CELEBRATION **	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll IW Apricot Fish Tacos WG White Corn Tortillas (2) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo IW Mandarin Orange
5	6	7	8	9
WW Bread w/ SF Jelly & Smart Balance 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 Broccoli WG White Corn Tortilla (1) Spanish Rice Pico de Gallo 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) w/ Smart Balance Homemade Ranch Dressing Fresh Orange Barbacoa Beef Mixed Vegetables Pinto Beans WG White Corn Mini Tortillas (2) Pico de Gallo Ambrosia	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot Pork Carnitas w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) 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 Tilapia Fillet w/ Salsa Ranchera Peas & Carrots Rice 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 IW Tropical Fruit Mix Ground Turkey Picadillo Sauce Mixed Vegetables Red Skin Potatoes WG White Corn Tortillas (2) 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 WW Dinner Roll (2) w/ Smart Balance IW Peaches Fish Tacos WG White Corn Mini Tortillas (2) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo 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/ Salsa Verde Broccoli & Carrots WG White Corn Mini Tortillas (2) Spanish Rice Fresh Apple	WG Oatmeal Pouch 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 w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix Diced Chicken w/ Salsa Ranchera Mixed Vegetables Mexican Rice WG White Corn Tortilla (2) 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 WW Bread (2) IW Apricot Green Chicken Casserole Carrots Pinto Beans WW Crackers (4pk) IW Pineapple Chunks	WG Oatmeal Pouch WG Bread (2) Hummus 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 Spinach & Mushroom Quiche Mixed Vegetables WW Dinner Roll IW Pears





Hispanic Home Delivered Meals January Menu 2026

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 LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)	WW Bread (2) Hummus LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)
	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
BBQ McRib w/ BBQ Sauce Collard Green Rice Pilaf IW Peaches Almond Cookies (2) 1% Milk	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
26	27	28	29	30
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)	WG Waffle 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	(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	Beef Enchilada Scandinavian Veg Blend Brown Rice 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

www.MealsOnWheelsOC.org