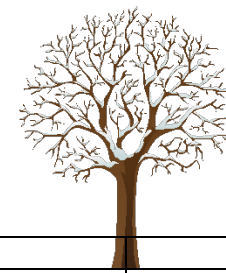


## Lactose Free Home Delivered Meals January Menu 2026

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				**1**	2
				<b>** NEW YEAR'S DAY CELEBRATION **</b>	
				LF Colorful Frittata Baby Whole Potatoes Chicken Sausage (1) Croissant w/ Smart Balance Diet: Fresh Fruit LF Milk	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) LF Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot Baked Fish Mixed Vegetables Baby Baker Potato WG White Corn Mini Tortillas (4) Pico de Gallo IW Mandarin Orange
5		6	7	8	9
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) LF Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Balsamic Vinaigrette Dressing IW Peaches Breaded Fish Broccoli WG White Corn Tortilla (1) LF Spanish Rice Pico de Gallo Fresh Apple		WG Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (2) LF Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, LF Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance LF Homemade Ranch Dressing Fresh Orange Cubed Beef w/ Stroganoff Sauce Carrots Egg Noodles Ambrosia	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (2) LF Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Cilantro Lime Dressing IW Apricot Pork Carnitas w/ LF Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears Turkey Roast w/ LF Gravy Peas & Carrots LF Orzo w/ Vegetable Pilaf Fresh Orange	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Beef Hamburger WG Hamburger Bun w/ Beef Patty Corn, Lima bean & Tomato Spring Mix Ketchup & Mustard LF Homemade Ranch Dressing IW Tropical Fruit Mix Diced Chicken w/ LF 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/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (2) LF Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Cilantro Lime Dressing IW Peaches Baked Fish w/ LF Creamy Garlic Sauce Brussels Sprout LF Orzo Vegetable Pilaf Fresh Orange		WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Ambrosia Pork Tenderloin w/ LF Sweet Citrus Glaze Broccoli & Carrots Brown Rice WW Dinner Roll Fresh Apple	WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) Barley Mango Salad w/ Turkey Roast Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll LF Homemade Ranch Dressing IW Tropical Fruit Mix Diced Chicken w/ Salsa Ranchera Mixed Vegetables LF Mexican Rice WG White Corn Tortilla (2) IW Pears	WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & LF Milk (2) Classic Egg Salad LF Heart Healthy Garbanzo Salad Spring Mix Edamame WW Bread (2) IW Apricot Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (2) Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) IW Mandarin Orange LF Spinach & Mushroom Quiche Apple Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) IW Pears





## Lactose Free Home Delivered Meals January Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>**19**</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>**Martin Luther King Day Celebration**</b>  BBQ McRib w/ BBQ Sauce Collard Green LF Rice Pilaf IW Peaches Almond Cookies (2) LF Milk	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2)	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WG Oatmeal Pouch WG Chocolate Granola Bar LF Yogurt (2) Orange Juice & LF Milk (2)	WW Bread (2) Hardboiled Egg (1) Hummus LF Yogurt (2) Orange Juice & LF Milk (2)
	LF Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Cilantro Lime Dressing Vinaigrette IW Mandarin Orange	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix LF 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) Fresh Apple
	Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) LF Mexican Rice Pico de Gallo IW Tropical Fruit Mix	Tri-Color Pasta w/ LF Parmesan Sundried Tomato Sauce & Chicken Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh Orange	Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks	LF Vegetarian Enchilada Casserole Broccoli & Carrots Brown Rice IW Peaches
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (2)	WG Cheerios Orange-Pineapple Juice & LF Milk (2)	WW Bread (2) Hummus LF Yogurt (2) Orange Juice & LF Milk (2)	WG Mini Bagel Peanut Butter & SF Jelly Orange-Pineapple Juice & LF Milk (2)	WW Bread w/ Peanut Butter & SF Jelly WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2)
Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	(Pulled Pork, Pinto Beans, Corn, LF Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (2) Cilantro Lime Dressing Fresh Orange	LF Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	LF Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, LF Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance LF Homemade Ranch Dressing Fresh Apple	LF 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	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears	Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots LF Mexican Rice IW Apricot	WG Tricolor Pasta w/ LF Creamy Garlic Sauce & Chicken Breast Brussel Sprouts IW Mandarin Orange	LF Beef Enchilada Casserole Scandinavian Veg. Blend Brown Rice WW Dinner Roll 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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