


## Vegetarian Home Delivered Meals January Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>**1**</b>	2
			<b>** NEW YEAR'S DAY CELEBRATION **</b>  Colorful Frittata Baby Whole Potatoes Sausage Less Patty w/ VG Country Mushroom Gravy Croissant w/ Smart Balance Diet: Fresh Fruit 1% Milk	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Quinoa Salad w/ Butternut Squash & Chickenless Chicken Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot Vegetarian Fish Tacos WG White Corn Mini Tortillas (4) w/ Fish Stick Sub (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) Chickenless Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches Fish Sub Broccoli WG White Corn Tortilla (1) Vegetarian Spanish Rice Pico de Gallo Fresh Apple	WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (2) Vegetarian Chef's Salad (Chickenless Chicken, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange Cubed Beef Sub w/ Vegetarian Stroganoff Sauce Carrots Egg Noodles Ambrosia	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2) Chickenless Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot Chickenless Tender w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	WG Cheerios Hard Boiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Quinoa Chickenless Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears Garden Chili w/ Kidney Beans Mixed Vegetables Brown Rice Fresh Orange	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Corn, Lima Bean & Tomato Salad Spring Mix Ketchup / Mustard IW Tropical Fruit Mix Chickenless Chunks w/ Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll IW Mandarin Orange
12	13	14	15	16
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Mediterranean Chickenless Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing IW Peaches Fish Sub w/ Vegetarian Creamy Garlic Sauce Brussels Sprout Vegetarian Orzo Vegetable Pilaf Fresh Orange	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Vegetarian Creamy Pesto Chicken Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia Meatball Sub w/ Sweet Citrus Glaze Sauce Broccoli & Carrots WW Dinner Roll Brown Rice Fresh Apple	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Barley Mango Salad w/ Chickenless Chunk Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll Homemade Ranch Dressing IW Tropical Fruit Mix Chickenless Tender w/ Salsa Ranchera Mixed Vegetables Vegetarian Mexican Rice WG White Corn Tortilla (2) IW Pears	WG English Muffin w/ Vegetarian 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 Chickenless Chunk w/ Vegetarian 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) Chickenless Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) IW Mandarin Orange Spinach & Mushroom Quiche Vegetarian Sausage (1) Mixed Vegetables WW Dinner Roll (2) w/ Smart Balance IW Pears

Voluntary Contribution \$5.25 per day

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TURN OVER





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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>	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 LF String Cheese FF Yogurt Orange Juice & 1% Milk (2)
	Breaded Chickenless Patty w/ BBQ Sauce Collard Green Rice Pilaf IW Peaches Almond Cookies (2) 1% Milk	Chickenless Tenders WW Bread (2) Spring Mix Mediterranean Chickpea Salad Hummus IW Pears	Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot	Chickenless Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing Fresh Apple
	Chickenless Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette IW Mandarin Orange	Tri-Color Pasta w/ Parmesan Sundried Tomato Sauce & Chickenless Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh Orange	Chickenless Tender w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks	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 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 Chickenless Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	Beef Sub Taco Bowl (Crumbled Beef Sub, Pinto Beans, Corn, Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (2) Vegetarian Cilantro Lime Dressing & Sour Cream Fresh Orange	Cranberry Basil Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	Vegetarian Chef's Salad (Chickenless Chunks, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Vegetarian Homemade Ranch Dressing Fresh Apple	Greek Quinoa Chickenless Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance Balsamic Vinaigrette Dressing IW Peaches
Hard Boiled Eggs (2) Chickenless Sausage (1) Capri Vegetable Blend Carrots Hash Brown WW Bread Fresh Apple	Chickenless Chunks w/ Vegetarian Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears	Vegetarian Carne con Chile (Cubed Beef Sub w/ Chili Sauce) Peas & Carrots Vegetarian Mexican Rice IW Apricot	Vegetarian Chicken Alfredo WG Tricolor Pasta w/ Vegetarian Alfredo Sauce & Chickenless Breast Brussel Sprouts IW Mandarin Orange	Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice 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.



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