



Asian Home Delivered Meals February Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
WG Pancake w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (2) Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice WW Dinner Roll w/ Smart Balance IW Tropical Fruit Mix	WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (2) Tofu Burrito Bowl (Roast Tofu, Fajitas, Black Beans) Spring Mix Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange Vietnamese Beef Curry Italian Vegetable Blend Jasmine Rice IW Pineapple Chunks	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Edamame WG Pita Bread Hummus IW Pears Baked Fish w/ Lemongrass Sauce Carrots Rice Pilaf IW Mandarin Orange	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple Cubed Beef w/ Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad w/ Feta Cheese IW Peaches Chicken w/ Rice Noodle & Vegetables Stir Fried Gai Lan WW Dinner Roll (2) w/ Smart Balance Fresh Orange
9	10	11	12	**13**
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad Edamame WW Dinner Roll (2) IW Pears Shrimp & Pork in Hot Sauce Peas & Carrots Brown Rice Fresh Apple	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (2) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange Fish in Tomato Sauce Italian Veg Blend Brown Rice IW Peaches	WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Crumbled Pork Black Beans & Corn Feta Cheese Roasted Fajitas Blend Spring Mix WW Rotini Cilantro Lime Dressing IW Peaches Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix	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 **Valentines Day Celebration** Fettuccini Pasta w/ Alfredo Sauce Chicken Breast Italian Vegetables IW Mandarin Orange Strawberry Cake
16	17	18	19	20
Presidents Day Celebration Roast Beef w/ Mushroom Gravy Red Chunk Potatoes Capri Vegetable Blend WW Dinner Roll (1) Fresh Apple Carrot Cake 1% Milk 	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





Asian Home Delivered Meals February Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
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 WW Bread (1) 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 Chocolate Granola 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	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 (2) w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix	Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix & Edamame WW Bread (2) IW Apricot	Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix & Edamame WW Crackers (2pk) Italian Dressing IW Mandarin Orange
Baked Fish w/ Creamy Garlic Sauce Brussels Sprout Orzo Vegetable Pilaf Fresh Orange	Pork Tenderloin w/ Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple	Diced Chicken w/ Curry Pineapple Sauce Mixed Vegetables Pineapple Fried Rice IW Pears	Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks	Pork in Five Spice Sauce Mixed Vegetables Carrots Jasmine Rice WW Dinner Roll IW Pears

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.

