



Hispanic Home Delivered Meals February Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 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 Pico de Gallo Fresh Orange	4 WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Greek Salad w/ Garbanzo Beans & Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears	5 WG Cheerios Hardboiled Egg (1) FF Yogurt (2) WG Chocolate Granola Orange Juice & 1% Milk (2) Tuna Salad Tomato Cucumber Salad Spring Mix & Edamame WW Bread (2) Italian Dressing Fresh Apple	6 WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix WW Crackers (4pk) IW Peaches
Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix	Chicken Strips w/ Fajita Veg Blend Mexican Rice WG White Corn Tortilla (1) Salsa Verde IW Pineapple Chunks	Salisbury Steak w/ Salsa Ranchera Carrots Spanish Rice IW Mandarin Orange	Cheese Enchiladas w/ Red Enchilada Sauce Pinto Beans Spanish Rice IW Pineapple Chunks	Pork Carnitas w/ Tomatillo Sauce Fiesta Blend Carrots Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Orange
9 WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears	10 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 IW Mandarin Orange	11 WG Cheerios LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks	12 WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Ground Pork Black Beans & Corn Roasted Fajitas Blend Spring Mix WW Rotini Feta Cheese Cilantro Lime Dressing IW Peaches	**13** WG Cheerios WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (2) Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot
Pulled Pork w/ Salsa Verde Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple	Carne con Chile (Cubed Beef w/ Chili Sauce) Fajitas Veg Blend WG White Corn Mini Tortillas (2) Spanish Rice IW Peaches	Breaded Fish Sliced Carrots Brown Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange	Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix	**Valentines Day Celebration** Chicken Alfredo Fettuccini Pasta w/ Alfredo Sauce Chicken Breast Italian Vegetable Blend IW Mandarin Orange Strawberry Cake
16 **Presidents Day Celebration** Roast Beef Mushroom Gravy Capri Vegetable Blend Red Chunk Potatoes WW Dinner Roll (1) Fresh Apple Carrot Cake 1% Milk	17 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	18 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	19 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	20 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Corn, Lima Bean & Tomato Salad Ketchup IW Tropical Fruit Mix
	Barbacoa Beef Mixed Vegetables Pinto Beans WG White Corn Mini Tortillas (2) Pico de Gallo Ambrosia	Pork Carnitas w/ Salsa Ranchera Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks	Tilapia Fillet w/ Salsa Ranchera Peas & Carrots Rice Pilaf Fresh Orange	Ground Turkey Picadillo Sauce Mixed Vegetables Red Skin Potatoes WG White Corn Tortillas (2) IW Mandarin Orange





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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 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 Bread (2) Hummus 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	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 w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix	Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix WW Bread (2) IW Apricot	Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame
Fish Tacos WG White Corn Mini Tortillas (2) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo Fresh Orange	Pork Tenderloin w/ Salsa Verde Broccoli & Carrots WG White Corn Mini Tortillas (2) Spanish Rice Fresh Apple	Diced Chicken w/ Salsa Ranchera Mixed Vegetables Mexican Rice WG White Corn Tortilla (2) IW Pears	Green Chicken Casserole Carrots Pinto Beans WW Crackers (4pk) IW Pineapple Chunks	WW Crackers (2pk) Italian Dressing IW Mandarin Orange Spinach & Mushroom Quiche Mixed Vegetables 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.

