



Lactose Free Home Delivered Meals February Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2) Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) LF Mexican Rice IW Tropical Fruit Mix	3 WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Tofu Burrito Bowl (Roast Tofu, Fajitas, Black Beans) Spring Mix LF Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange WW Penne Pasta w/ Marinara Sauce Ground Turkey Italian Vegetable Blend IW Pineapple Chunks	4 WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2) Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears Roast Beef w/ LF Mushroom Brown Gravy Carrots LF Mashed Potatoes IW Mandarin Orange	5 WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (2) Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Cilantro Lime Dressing Fresh Apple Cubed Beef w/ LF Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	6 WW Bread (2) Hummus WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (2) LF Creamy Pesto Chicken Salad LF Heart Healthy Garbanzo Salad w/ LF Feta Cheese IW Peaches LF Meatless Meatball w/ LF Brown Gravy LF Mashed Potatoes Peas WW Dinner Roll (2) w/ Smart Balance Fresh Orange
9 WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (2) Chicken w/ Green Beans & Tomato Salad LF Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears Pulled Pork w/ Tomatillo Salsa Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple	10 WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & LF Milk (2) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange Turkey Bolognese Italian Vegetable Blend WG Penne Pasta IW Peaches	11 WG Cheerios WG Chocolate Granola LF Yogurt (2) Orange Juice & LF 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	12 WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (2) Ground Pork Black Beans & Corn Roasted Fajitas Blend Spring Mix WW Rotini LF Feta Cheese Cilantro Lime Dressing IW Peaches Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix	**13** WG Cheerios WW Bread (1) LF Yogurt (2) Orange Juice & LF Milk (2) LF Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad Edamame WW Dinner Roll (2) IW Apricot **Valentines Day Celebration** Chicken Breast LF Creamy Garlic Sauce Italian Vegetable Blend Fettuccini Pasta IW Mandarin Orange Cherry Pie
16 **Presidents Day Celebration** Roast Beef LF Mushroom Gravy Red Chunk Potatoes Capri Vegetable Blend WW Dinner Roll (1) Peach Crisp LF Milk 	17 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	18 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	19 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	20 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





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (2)	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (2)	WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (2)	WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & LF Milk (2)	WG Oatmeal Pouch WG Chocolate Granola 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	Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Ambrosia	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	Classic Egg Salad LF Heart Healthy Garbanzo Salad Spring Mix Edamame WW Bread (2) IW Apricot	Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) IW Mandarin Orange
Baked Fish w/ LF Creamy Garlic Sauce Brussels Sprout LF Orzo Vegetable Pilaf Fresh Orange	Pork Tenderloin w/ LF Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll Fresh Apple	Diced Chicken w/ Salsa Ranchera Mixed Vegetables LF Mexican Rice WG White Corn Tortilla (2) IW Pears	Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks	LF Spinach & Mushroom Quiche Apple Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) 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.