



## 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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23 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	24 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 Sauce Broccoli & Carrots Brown Rice WW Dinner Roll Fresh Apple	25 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	26 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	27 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

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.