

Vegetarian Home Delivered Meals February Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Pancake w/ SF Syrup FF Yogurt (2) Orange Juice & 1% Milk (2) Signature Chickenless Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange Fish Sub Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Vegetarian Mexican Rice IW Tropical Fruit Mix	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 Vegetarian Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange WW Penne Pasta w/ Marinara Sauce Crumble Beef Sub Italian Vegetable Blend Parmesan Cheese (1pkt) IW Pineapple Chunks	4 WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (2) Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears Chickenless Chunk Salsa Ranchera Fiesta Blend Vegetarian Cilantro Lime Rice IW Mandarin Orange	5 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple Cubed Beef Sub w/ Vegetarian Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks	6 WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (2) Creamy Pesto Chickenless Salad Heart Healthy Garbanzo Salad w/ Feta Cheese IW Peaches Meatless Meatball w/ Vegetarian Country Mushroom Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll (2) Fresh Orange
9 WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (2) Vegetarian Green Beans & Tomato Salad w/ Chickenless Chicken Mexican Style Salad WW Dinner Roll IW Pears Chickenless Tender w/ Salsa Tomatillo Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple	10 WG English Muffin w/ Vegetarian 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 Sub w/ Tartar Sauce Oriental Vegetable Blend Brown Rice IW Peaches	11 WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (2) Thai Citrus Crunch Salad w/ Chickenless Chicken Edamame WW Dinner Roll (2) IW Pineapple Chunks Chickenless Chunk w/ Vegetarian 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 & 1% Milk (2) Crumbled Beef Sub Black Beans & Corn Roasted Fajita Blend Spring Mix WW Rotini Feta Cheese Cilantro Lime Dressing IW Peaches Spaghetti w/ Marinara Sauce & Crumbled Beef Sub Scandinavian Veg. Blend IW Tropical Fruit Mix	**13** WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (2) Quinoa Salad w/ Butternut Squash & Chickenless Chicken Green Pepper & Tomato Salad Edamame WW Dinner Roll (2) IW Apricot **Valentines Day Celebration** Fettuccini Pasta w/ Alfredo Sauce Chickenless Tender Italian Vegetable Blend IW Mandarin Orange Strawberry Cake
16 **Presidents Day Celebration** Cubed Beef Sub Vegetarian Country Mushroom Gravy Capri Vegetable Blend Red Chunk Potatoes WW Dinner Roll (1) Fresh Apple Carrot Cake 1% Milk PRESIDENTS DAY	17 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	18 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	19 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	20 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 w/ Smart Balance IW Mandarin Orange





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23 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	24 WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (2) Vegetarian Creamy Pesto Chickenless 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	25 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	26 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	27 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

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.

Voluntary Contribution \$5.25 per day

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