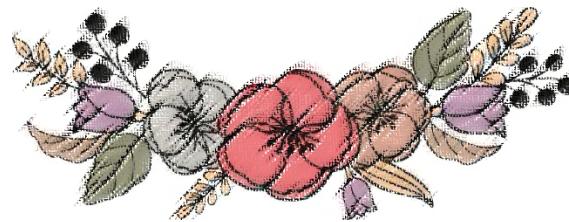


Asian Home Delivered Meals March Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Blueberry Muffin FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Apple	3 WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Dinner Roll (2) & Smart Balance Balsamic Vinaigrette IW Mandarin Orange Vietnamese Beef Curry Sliced Carrots Jasmine Rice IW Tropical Fruit Mix 1% Milk (1)	4 WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix Mediterranean Chickpea Salad Mayo & Mustard IW Pears Baked Fish Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange 1% Milk (1)	5 WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Beef Cheeseburger WG Hamburger Bun w/ Beef Patty & Slice Cheese Zucchini & Tomato Salad & Spring Mix Ketchup & Mustard IW Apricot Diced Chicken w/ Huli Huli Pineapple Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks 1% Milk (1)	**6** WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1) Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing Fresh Apple **National Nutrition Month Celebration** Baked Salmon w/ Mango Salsa Broccoli & Carrots Rice Pilaf IW Peaches Yogurt Parfait w/ WG Chocolate Granola 1% Milk (1)
9 WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	10 WG Cheerios Orange-Pineapple Juice & 1% Milk (1) Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn, Feta Cheese) Brown Rice & Spring Mix WG White Corn Mini Tortillas (2) Cilantro Lime Dressing & Sour Cream Fresh Orange Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears 1% Milk (1)	11 WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1) Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Pork & Tofu in Caramel Sauce Peas & Carrots Brown Rice IW Apricot 1% Milk (1)	12 WG Pancakes (2) w/ SF Syrup & Smart Balance Omelette Orange-Pineapple Juice & 1% Milk (1) Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Apple Baked Fish w/ Vietnamese Caramel Sauce Stir Fried Gai Lan Brown Rice IW Mandarin Orange 1% Milk (1)	13 WG Waffle w/ SF Syrup WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1) Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches Beef Ragout Scandinavian Veg Blend WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunk 1% Milk (1)
16 WG Pancake w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (1) 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 1% Milk (1)	**17** WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese & FF Yogurt Orange-Pineapple Juice & 1% Milk (1) Tofu Burrito Bowl (Roast Tofu, Fajitas, Black Beans) Spring Mix Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange **St. Patrick's Day Celebration** Corned Beef Whole Baby Potatoes & Cabbage WW Dinner Roll IW Pineapple Chunks Pistachio Pudding 1% Milk (1)	18 WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) Greek Salad w/ Garbanzo Beans & Chicken Edamame WG Pita Bread Hummus IW Pears Baked Fish w/ Lemongrass Sauce Carrots Rice Pilaf IW Mandarin Orange 1% Milk (1)	19 WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1) 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 1% Milk (1)	20 WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1) Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad w/ Feta Cheese IW Peaches Chicken w/ Rice & Vegetables Stir Fried Gai Lan WW Dinner Roll (2) w/ Smart Balance Fresh Orange 1% Milk (1)



Asian Home Delivered Meals March Menu 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1) Chicken w/ Green Beans & Tomato Salad Mexican Style Salad Edamame WW Dinner Roll (2) IW Pears	24 WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (1) Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange	25 WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) IW Pineapple Chunks	26 WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1) Crumbled Pork Black Beans & Corn Feta Cheese Roasted Fajitas Blend Spring Mix WW Rotini Cilantro Lime Dressing IW Peaches	27 WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (1) Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad Edamame WW Dinner Roll (2) IW Apricot
30 WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1) Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches	31 WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (1) Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Homemade Ranch Dressing Fresh Orange	Diced Chicken w/ Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange 1% Milk (1)	Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)	Chicken in Tamarind Mixed Vegetables Jasmine Rice IW Mandarin Orange 1% Milk (1)
Breaded Fish w/ Sweet Citrus Glaze Sauce Stir Fry Gai Lan Brown Rice Fresh Apple 1% Milk (1)	Stir-Fry Beef w/ Snow Peas Carrots Jasmine Rice Ambrosia 1% Milk (1)			



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.