




# Lactose Free Home Delivered Meals March Menu 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	**6**
WG Blueberry Muffin LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) LF Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Cilantro Lime Dressing IW Mandarin Orange	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix LF Mediterranean Chickpea Salad Mayo & Mustard IW Pears	WG Oatmeal Pouch WG Chocolate Granola Bar LF Yogurt (2) Orange Juice & LF Milk (1) Beef Hamburger WG Hamburger Bun w/ Beef Patty Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot	WW Bread (2) Hummus LF Yogurt (1) Orange Juice & LF Milk (1) Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll Fresh Apple
Sliced Turkey w/ LF Gravy LF Mashed Potatoes Scandinavian Veg Blend Carrots WW Dinner Roll IW Peaches LF Milk (1)	Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) LF Mexican Rice Pico de Gallo IW Tropical Fruit Mix LF Milk (1)	Tri-Color Pasta w/ LF Parmesan Sundried Tomato Sauce & Chicken Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh Orange LF Milk (1)	Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks LF Milk (1)	<b>**National Nutrition Month Celebration**</b> Baked Salmon w/ Mango Salsa Broccoli & Carrots Rice Pilaf IW Peaches LF Yogurt Parfait w/ WG Chocolate Granola LF Milk (1)
9	10	11	12	13
WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1) Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	WG Cheerios Orange-Pineapple Juice & LF Milk (1) LF Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn, LF Feta Cheese) Brown Rice & Spring Mix WG White Corn Mini Tortillas (2) Cilantro Lime Dressing Fresh Orange	WW Bread (2) Hummus LF Yogurt (2) Orange Juice & LF Milk (1) LF Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	WG Mini Bagel Peanut Butter & SF Jelly Orange-Pineapple Juice & LF Milk (1) 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 Apple	WW Bread w/ Peanut Butter & SF Jelly WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches
Hard Boiled Eggs (2) Apple Chicken Sausage (1) Carrots & Capri Vegetable Blend Hash Brown WW Bread Fresh Apple LF Milk (1)	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Jasmine Rice & Oriental Vegetable Blend WW Crackers (4pk) IW Pears LF Milk (1)	Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots LF Mexican Rice IW Apricot LF Milk (1)	WG Tricolor Pasta w/ LF Creamy Garlic Sauce & Chicken Breast Brussel Sprouts IW Mandarin Orange LF Milk (1)	LF Beef Enchilada Casserole Brown Rice & Scandinavian Veg. Blend WW Dinner Roll w/ Smart Balance IW Pineapple Chunk LF Milk (1)
16	**17**	18	19	20
WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) Tofu Burrito Bowl (Roast Tofu, Fajitas, Black Beans) LF Cilantro Lime Rice & Spring Mix WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1) Tuna Salad Tomato Cucumber Salad & Spring Mix WW Bread (2) Cilantro Lime Dressing Fresh Apple	WW Bread (2) Hummus WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (1) LF Creamy Pesto Chicken Salad LF Heart Healthy Garbanzo Salad w/ LF Feta Cheese IW Peaches
Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) LF Mexican Rice IW Tropical Fruit Mix LF Milk (1)	<b>**St. Patrick's Day Celebration**</b> Corned Beef Whole Baby Potatoes & Cabbage WW Dinner Roll IW Pineapple Chunks Apple Pie LF Milk (1)	Roast Beef w/ LF Mushroom Brown Gravy Carrots LF Mashed Potatoes IW Mandarin Orange LF Milk (1)	Cubed Beef w/ LF Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks LF Milk (1)	LF Meatless Meatball w/ LF Brown Gravy LF Mashed Potatoes Peas WW Dinner Roll (2) w/ Smart Balance Fresh Orange LF Milk (1)



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>23</b> WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (1) 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 LF Milk (1)	<b>24</b> WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & LF Milk (1) 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 LF Milk (1)	<b>25</b> WG Cheerios WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1) 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 LF Milk (1)	<b>26</b> WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (1) 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 LF Milk (1)	<b>27</b> WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1) LF Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot Baked Fish Mixed Vegetables Baby Baker Potato WG White Corn Mini Tortillas (4) Pico de Gallo IW Mandarin Orange LF Milk (1)
<b>30</b> WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) LF Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Balsamic Vinaigrette Dressing IW Peaches Breaded Fish Broccoli WG White Corn Tortilla (1) LF Spanish Rice Pico de Gallo Fresh Apple LF Milk (1)	<b>31</b> WG Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (1) 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 LF 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.