

Lactose Free Home Delivered Meals April Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1) 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 LF Milk (1)	2 WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) 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 LF Milk (1)	**3** WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1) Beef Hamburger WG Hamburger Bun w/ Beef Patty Corn, Lima Bean & Tomato Salad & Spring Mix Ketchup & Mustard LF Homemade Ranch Dressing IW Tropical Fruit Mix ** Eggstravaganza Celebration** Bow Tie Pasta w/ Meatless Meatballs & Marinara Sauce Capri Vegetable Blend WW Dinner Roll (1) Fresh Apple Gelatin LF Milk (1)
	6 WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (1) 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 LF Milk (1)	7 WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Ambrosia Pork Tenderloin w/ LF Sweet Citrus Glaze Broccoli & Carrots Brown Rice WW Dinner Roll Fresh Apple LF Milk (1)	8 WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) 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 LF Milk (1)	9 WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & LF Milk (1) 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 LF Milk (1)
13 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 Sliced Turkey w/ LF Gravy LF Mashed Potatoes Scandinavian Veg Blend Carrots WW Dinner Roll IW Peaches LF Milk (1)	14 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 Vinaigrette IW Mandarin Orange Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) LF Mexican Rice Pico de Gallo IW Tropical Fruit Mix LF Milk (1)	15 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 Tri-Color Pasta w/ LF Parmesan Sundried Tomato Sauce & Chicken Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh Orange LF Milk (1)	16 WG Oatmeal Pouch WG Chocolate Granola 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 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)	17 WW Bread (2) Hardboiled Egg (1) Hummus LF Yogurt (2) Orange Juice & LF Milk (1) Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Fresh Apple LF Vegetarian Enchilada Casserole Broccoli & Carrots Brown Rice IW Peaches LF Milk (1)





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1) <hr/> Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches <hr/> Hard Boiled Eggs (2) Apple Chicken Sausage (1) Carrots & Capri Vegetable Blend Hash Brown WW Bread Fresh Apple LF Milk (1)	WG Cheerios Orange-Pineapple Juice & LF Milk (1) <hr/> 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 <hr/> Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Jasmine Rice & Oriental Vegetable Blend WW Crackers (4pk) IW Pears LF Milk (1)	WW Bread (2) Hummus LF Yogurt (2) Orange Juice & LF Milk (1) <hr/> LF Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix <hr/> Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots LF Mexican Rice IW Apricot LF Milk (1)	WG Mini Bagel Peanut Butter & SF Jelly Orange-Pineapple Juice & LF Milk (1) <hr/> 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 <hr/> WG Tricolor Pasta w/ LF Creamy Garlic Sauce & Chicken Breast Brussel Sprouts IW Mandarin Orange LF Milk (1)	WW Bread w/ Peanut Butter & SF Jelly WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) <hr/> LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches <hr/> LF Beef Enchilada Casserole Brown Rice & Scandinavian Veg. Blend WW Dinner Roll w/ Smart Balance IW Pineapple Chunk LF Milk (1)
27	28	29	30	
WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) <hr/> Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange <hr/> Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) LF Mexican Rice IW Tropical Fruit Mix LF Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) <hr/> 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 <hr/> WW Penne Pasta w/ Marinara Sauce Ground Turkey Italian Vegetable Blend IW Pineapple Chunks LF Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) <hr/> Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears <hr/> Roast Beef w/ LF Mushroom Brown Gravy Carrots LF Mashed Potatoes IW Mandarin Orange LF Milk (1)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1) <hr/> Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Cilantro Lime Dressing Fresh Apple <hr/> Cubed Beef w/ LF Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks 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.