



Vegetarian Home Delivered Meals April Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	**3**
		WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)	WG Cheerios Hard Boiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1)
		Chickenless Corn Pasta Salad Tomato Cucumber Salad & Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot	Greek Quinoa Chickenless Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears	Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Corn, Lima Bean & Tomato Salad Spring Mix Ketchup / Mustard IW Tropical Fruit Mix
		Chickenless Tender w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks 1% Milk (1)	Garden Chili w/ Kidney Beans Mixed Vegetables Brown Rice Fresh Orange 1% Milk (1)	** Eggstravaganza Celebration ** Tortellini w/ Meatless Meatballs & Marinara Sauce Capri Vegetable Blend WW Dinner Roll (2) Fresh Apple Strawberry Cheesecake Cup 1% Milk (1)
6	7	8	9	**10**
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1)	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1)	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WG English Muffin w/ Vegetarian Sausage Patty Orange-Pineapple Juice & 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)
Mediterranean Chickenless Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing IW Peaches	Vegetarian Creamy Pesto Chicken Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia	Barley Mango Salad w/ Chickenless Chunk Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll Homemade Ranch Dressing IW Tropical Fruit Mix	Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix Edamame WW Bread (2) IW Apricot	Chickenless Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) IW Mandarin Orange
Fish Sub w/ Vegetarian Creamy Garlic Sauce Brussels Sprout Vegetarian Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)	Meatball Sub w/ Sweet Citrus Glaze Sauce Broccoli & Carrots WW Dinner Roll Brown Rice Fresh Apple 1% Milk (1)	Chickenless Tender w/ Salsa Ranchera Mixed Vegetables Vegetarian Mexican Rice WG White Corn Tortilla (2) IW Pears 1% Milk (1)	Chickenless Chunk w/ Vegetarian Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks 1% Milk (1)	**Spring Celebration** Fish Sub w/ Pineapple Glaze Sweet Potato & Spinach Parkerhouse Roll (2) Fresh Orange Lemon Cream Cup 1% Milk (1)
13	14	15	16	17
WG Blueberry Muffin Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WW Bread (2) Hummus LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)
Vegetarian Provencal Tofu Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Apple	Chickenless Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette IW Mandarin Orange	Chickenless Tenders WW Bread (2) Spring Mix Mediterranean Chickpea Salad Hummus IW Pears	Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot	Chickenless Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing Fresh Apple
Breaded Chickenless Patty w/ Vegetarian Asian Sauce Oriental Vegetable Blend Rice Pilaf IW Peaches 1% Milk (1)	Crumble Beef Sub Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Vegetarian Mexican Rice Pico de Gallo IW Tropical Fruit Mix 1% Milk (1)	Tri-Color Pasta w/ Parmesan Sundried Tomato Sauce & Chickenless Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh Orange 1% Milk (1)	Chickenless Tender w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks 1% Milk (1)	Vegetarian Enchilada Casserole Broccoli & Carrots Brown Rice IW Peaches 1% Milk (1)





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
<p>WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)</p> <hr/> <p>Vietnamese Chickenless Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches</p> <hr/> <p>Hard Boiled Eggs (2) Chickenless Sausage (1) Capri Vegetable Blend Carrots Hash Brown WW Bread Fresh Apple 1% Milk (1)</p>	<p>WG Cheerios Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Beef Sub Taco Bowl (Crumbled Beef Sub, Pinto Beans, Corn, Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (2) Vegetarian Cilantro Lime Dressing & Sour Cream Fresh Orange</p> <hr/> <p>Chickenless Chunks w/ Vegetarian Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears 1% Milk (1)</p>	<p>WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Cranberry Basil Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Vegetarian Carne con Chile (Cubed Beef Sub w/ Chili Sauce) Peas & Carrots Vegetarian Mexican Rice IW Apricot 1% Milk (1)</p>	<p>WG Pancakes (2) w/ SF Syrup & Smart Balance Omelette Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Vegetarian Chef's Salad (Chickenless Chunks, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Vegetarian Homemade Ranch Dressing Fresh Apple</p> <hr/> <p>Vegetarian Chicken Alfredo WG Tricolor Pasta w/ Vegetarian Alfredo Sauce & Chickenless Breast Brussel Sprouts IW Mandarin Orange 1% Milk (1)</p>	<p>WG Waffle Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Greek Quinoa Chickenless Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) WW Dinner Roll (2) w/ Smart Balance Balsamic Vinaigrette Dressing IW Peaches</p> <hr/> <p>Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice IW Pineapple Chunk 1% Milk (1)</p>
27	28	29	30	
<p>WG Pancake w/ SF Syrup FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Signature Chickenless Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange</p> <hr/> <p>Fish Sub Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Vegetarian Mexican Rice IW Tropical Fruit Mix 1% Milk (1)</p>	<p>WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>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</p> <hr/> <p>WW Penne Pasta w/ Marinara Sauce Crumble Beef Sub Italian Vegetable Blend Parmesan Cheese (1pkt) IW Pineapple Chunks 1% Milk (1)</p>	<p>WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears</p> <hr/> <p>Chickenless Chunk Salsa Ranchera Fiesta Blend Vegetarian Cilantro Lime Rice IW Mandarin Orange 1% Milk (1)</p>	<p>WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple</p> <hr/> <p>Cubed Beef Sub w/ Vegetarian Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks 1% Milk (1)</p>	

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.