

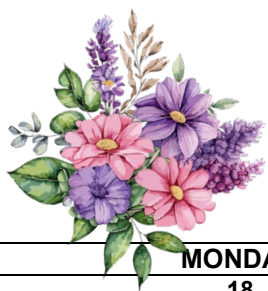




Asian Home Delivered Meals May Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	**5**	6	7	8
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chicken w/ Green Beans & Tomato Salad Mexican Style Salad Edamame WW Dinner Roll (2) IW Pears <hr/> Shrimp & Pork in Hot Sauce Peas & Carrots Brown Rice Fresh Apple 1% Milk (1)	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (1) <hr/> Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (1) IW Mandarin Orange <hr/> **Cinco de Mayo Celebration** Chicken Tinga Black Beans & Mexican Rice WG Corn Tortilla (2) Sour Cream (1pk) Fresh Orange Flan Cup 1% Milk (1)	WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) IW Pineapple Chunks <hr/> Diced Chicken w/ Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange 1% Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1) <hr/> Crumbled Pork Black Beans & Corn Feta Cheese Roasted Fajitas Blend Spring Mix WW Rotini Cilantro Lime Dressing IW Peaches <hr/> Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)	1 WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1) <hr/> Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad w/ Feta Cheese IW Peaches <hr/> Chicken w/ Rice & Vegetables Stir Fried Gai Lan WW Dinner Roll (2) w/ Smart Balance Fresh Orange 1% Milk (1)
11	12	13	14	15
WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1) <hr/> Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches <hr/> **Mother's Day Celebration** Chicken Cordon Bleu Carrots Rice Pilaf Fresh Orange Tiramisu Cup 1% Milk (1) 	WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (1) <hr/> Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Homemade Ranch Dressing Fresh Orange <hr/> Stir-Fry Beef w/ Snow Peas Carrots Jasmine Rice Ambrosia 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot <hr/> Chicken in Ginger Sauce Mixed Vegetables Brown Rice WW Dinner Roll IW Pineapple Chunks 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) <hr/> Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears <hr/> Roast Turkey w/ Poultry Gravy Peas & Carrots Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Corn, Lima bean & Tomato Salad Spring Mix Ketchup Italian Dressing IW Tropical Fruit Mix <hr/> Orange Chicken Diced Chicken w/ Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange 1% Milk (1)



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MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<p>WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing IW Peaches</p> <hr/> <p>Baked Fish w/ Creamy Garlic Sauce Brussels Sprout Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)</p>	<p>WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia</p> <hr/> <p>Pork Tenderloin w/ Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk (1)</p>	<p>WG Oatmeal Pouch WW Bread (1) LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)</p> <hr/> <p>Barley Mango Salad w/ Turkey Roast Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix</p> <hr/> <p>Diced Chicken w/ Curry Pineapple Sauce Mixed Vegetables Pineapple Fried Rice IW Pears 1% Milk (1)</p>	<p>WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix & Edamame WW Bread (2) IW Apricot</p> <hr/> <p>Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks 1% Milk (1)</p>	<p>WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix & Edamame WW Crackers (2pk) Italian Dressing IW Mandarin Orange</p> <hr/> <p>Pork in Five Spice Sauce Mixed Vegetables Carrots Jasmine Rice WW Dinner Roll IW Pears 1% Milk</p>
<p>**25** **Memorial Day Celebration**</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>BBQ McRib w/ BBQ Sauce (1pkt) Corn Brown Rice Fresh Orange 1% Milk (1)</p> <div style="text-align: center;">  </div>	<p>WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)</p> <hr/> <p>Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Dinner Roll (2) & Smart Balance Balsamic Vinaigrette IW Mandarin Orange</p> <hr/> <p>Vietnamese Beef Curry Sliced Carrots Jasmine Rice IW Tropical Fruit Mix 1% Milk (1)</p>	<p>WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix Mediterranean Chickpea Salad Mayo & Mustard IW Pears</p> <hr/> <p>Baked Fish Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange 1% Milk (1)</p>	<p>WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)</p> <hr/> <p>Beef Cheeseburger WG Hamburger Bun w/ Beef Patty & Slice Cheese Zucchini & Tomato Salad, & Spring Mix Ketchup & Mustard IW Apricot</p> <hr/> <p>Diced Chicken w/ Huli Huli Pineapple Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks 1% Milk (1)</p>	<p>WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Apple</p> <hr/> <p>Cubed Beef Pepper Garlic Sauce Broccoli & Carrots Brown Rice IW Peaches 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.