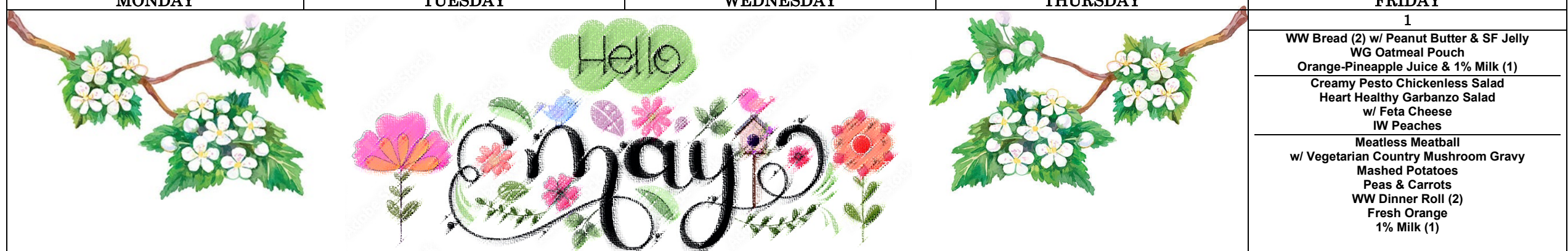




Vegetarian Home Delivered Meals May Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	**5**	6	7	8
<p>WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Vegetarian Green Beans & Tomato Salad w/ Chickenless Chicken Mexican Style Salad WW Dinner Roll IW Pears</p> <hr/> <p>Chickenless Tender (CINCO DE MAYO) **Cinco de Mayo Celebration** w/ Salsa Tomatillo Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple 1% Milk (1)</p>	<p>WG English Muffin w/ Vegetarian Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll IW Mandarin Orange</p> <hr/> <p>Black Beans & VG Mexican Rice WG Corn Tortilla (2) Pico de Gallo Fresh Orange Flan Cup 1% Milk (1)</p>	<p>WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)</p> <hr/> <p>Thai Citrus Crunch Salad w/ Chickenless Chicken Edamame WW Dinner Roll (2) IW Pineapple Chunks</p> <hr/> <p>Chickenless Chunk w/ Vegetarian Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange 1% Milk (1)</p>	<p>WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Crumbled Beef Sub Black Beans & Corn Roasted Fajita Blend Spring Mix WW Rotini Feta Cheese Cilantro Lime Dressing IW Peaches</p> <hr/> <p>Spaghetti w/ Marinara Sauce & Crumbled Beef Sub Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)</p>	<p style="text-align: center;">1</p> <p>WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1) Creamy Pesto Chickenless Salad Heart Healthy Garbanzo Salad w/ Feta Cheese IW Peaches</p> <hr/> <p>Meatless Meatball w/ Vegetarian Country Mushroom Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll (2) Fresh Orange 1% Milk (1)</p>
11	12	13	14	15
<p>WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Chickenless Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches</p> <hr/> <p>**Mother's Day Celebration** Meatless Burger w/ Vegetarian Country Mushroom Gravy Carrots & Rice Pilaf Fresh Orange Tiramisu Cup 1% Milk (1)</p>	<p>WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (1)</p> <hr/> <p>Vegetarian Chef's Salad (Chickenless Chicken, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange</p> <hr/> <p>Cubed Beef Sub w/ Vegetarian Stroganoff Sauce Carrots Egg Noodles Ambrosia 1% Milk (1)</p>	<p>WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Chickenless Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot</p> <hr/> <p>Chickenless Tender w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks 1% Milk (1)</p>	<p>WG Cheerios Hard Boiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)</p> <hr/> <p>Greek Quinoa Chickenless Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears</p> <hr/> <p>Garden Chili w/ Kidney Beans Mixed Vegetables Brown Rice Fresh Orange 1% Milk (1)</p>	<p>WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1)</p> <hr/> <p>Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Corn, Lima Bean & Tomato Salad Spring Mix Ketchup / Mustard IW Tropical Fruit Mix</p> <hr/> <p>Chickenless Chunks w/ Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange 1% Milk (1)</p>



Vegetarian Home Delivered Meals May Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Mediterranean Chickenless Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing IW Peaches <hr/> Fish Sub w/ Vegetarian Creamy Garlic Sauce Brussels Sprout Vegetarian Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1) <hr/> Vegetarian Creamy Pesto Chickenless Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia <hr/> Meatball Sub w/ Sweet Citrus Glaze Sauce Broccoli & Carrots WW Dinner Roll Brown Rice Fresh Apple 1% Milk (1)	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Barley Mango Salad w/ Chickenless Chunk Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll Homemade Ranch Dressing IW Tropical Fruit Mix <hr/> Chickenless Tender w/ Salsa Ranchera Mixed Vegetables Vegetarian Mexican Rice WG White Corn Tortilla (2) IW Pears 1% Milk (1)	WG English Muffin w/ Vegetarian Sausage Patty Orange-Pineapple Juice & 1% Milk (1) <hr/> Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix Edamame WW Bread (2) IW Apricot <hr/> Chickenless Chunk w/ Vegetarian Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chickenless Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) IW Mandarin Orange <hr/> Spinach & Mushroom Quiche Vegetarian Sausage (1) Mixed Vegetables WW Dinner Roll (2) w/ Smart Balance IW Pears 1% Milk (1)
25	26	27	28	29
Memorial Day Celebration Chickenless Tenders w/ BBQ Sauce (1pkt) Carrots & Corn Brown Rice Fresh Orange 1% Milk (1) 	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Chickenless Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette IW Mandarin Orange <hr/> 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)	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) <hr/> Chickenless Tenders WW Bread (2) Spring Mix Mediterranean Chickpea Salad Hummus IW Pears <hr/> Tri-Color Pasta w/ Parmesan Sundried Tomato Sauce & Chickenless Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh Orange 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot <hr/> Chickenless Tender w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks 1% Milk (1)	WW Bread (2) Hummus LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Chickenless Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing Fresh Apple <hr/> Vegetarian Enchilada Casserole Broccoli & Carrots Brown Rice IW Peaches 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.