



## Multicultural Home Delivered Meals June Menu 2026

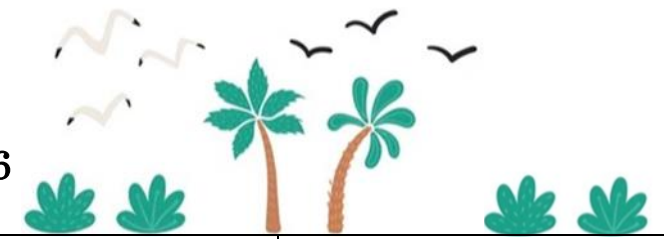
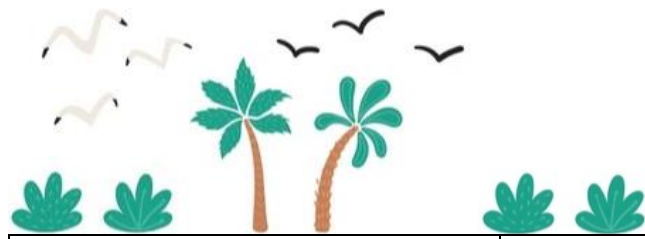
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) <hr/> Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches <hr/> Hard Boiled Eggs (2) Apple Chicken Sausage (1) Capri Vegetable Blend Hash Brown WW Bread Fresh Apple 1% Milk (1)	WG Cheerios Orange-Pineapple Juice & 1% Milk (1) <hr/> Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn, Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (2) Cilantro Lime Dressing & Sour Cream Fresh Orange <hr/> Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears 1% Milk (1)	WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> 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 Mexican Rice IW Apricot 1% Milk (1)	WG Pancakes (2) w/ SF Syrup & Smart Balance Omelet Orange-Pineapple Juice & 1% Milk (1) <hr/> Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Apple <hr/> Chicken Alfredo WG Tricolor Pasta w/ Alfredo Sauce & Chicken Breast Brussel Sprouts IW Mandarin Orange 1% Milk (1)	WG Waffle w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches <hr/> Beef Enchilada Casserole Scandinavian Veg Blend Brown Rice WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunk 1% Milk (1)
8	9	10	11	12
WG Pancake w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% 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) Mexican Rice IW Tropical Fruit Mix 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (1) <hr/> Tofu Burrito Bowl (Roast Tofu, Fajitas, Black Beans) Spring Mix Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange <hr/> WW Penne Pasta w/ Marinara Sauce LS Ground Turkey Italian Vegetable Blend Parmesan Cheese IW Pineapple Chunks 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) <hr/> Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears <hr/> Salisbury Steak w/ Mushroom Brown Gravy Carrots Mashed Potatoes IW Mandarin Orange 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple <hr/> Cubed Beef w/ Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks 1% Milk (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 Meatball w/ Brown Gravy Mashed Potatoes Peas WW Dinner Roll (2) Fresh Orange 1% Milk (1)
15	16	17	18	**19**
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears <hr/> Pulled Pork w/ Tomatillo Salsa Black Beans Peas & Carrots WG White Corn Tortilla (2) 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 (2) IW Mandarin Orange <hr/> Turkey Bolognese Italian Vegetable Blend WG Penne Pasta IW Peaches 1% Milk	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/> Ground Pork Black Beans & Corn Roasted Fajitas Blend Feta Cheese 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)	WW Bread (2) w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (1) IW Apricot <hr/> <b>**Father's Day Celebration**</b> Roast Beef w/ Brown Gravy Broccoli Baby Baked Potatoes WW Dinner Roll IW Pears Raspberry Double Chocolate Cake Cup 1% Milk (1)

Voluntary Contribution \$5.25 per day

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)

TURN OVER





## Multicultural Home Delivered Meals June Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>22</b></p> <p>WW Bread (1) w/ SF Jelly &amp; Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice &amp; 1% Milk (1)</p> <hr/> <p>Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber &amp; Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches</p> <hr/> <p>Breaded Fish Broccoli WG White Corn Tortilla (1) Spanish Rice Pico de Gallo Fresh Apple 1% Milk (1)</p>	<p><b>**23**</b></p> <p>WG Pancake (2) w/ SF Syrup &amp; Smart Balance Hardboiled Egg (1) Orange Juice &amp; 1% Milk (1)</p> <hr/> <p>Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange</p> <hr/> <p><b>**Summer Celebration**</b></p> <p>Turkey Roast Corn &amp; Carrots Black Beans Hawaiian Roll Ketchup &amp; Mayo IW Pineapple Chunks Lemon Cream Cup 1% Milk (1)</p>	<p><b>24</b></p> <p>WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice &amp; 1% Milk (1)</p> <hr/> <p>Chicken &amp; Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot</p> <hr/> <p>Pork Carnitas w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks 1% Milk (1)</p>	<p><b>25</b></p> <p>WG Cheerios FF Yogurt (2) Orange-Pineapple Juice &amp; 1% Milk (1)</p> <hr/> <p>Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix &amp; Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears</p> <hr/> <p>Roast Turkey w/ Poultry Gravy Peas &amp; Carrots Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)</p>	<p><b>26</b></p> <p>WG Cheerios FF Yogurt (2) Orange Juice &amp; 1% Milk (1)</p> <hr/> <p>Meatloaf Sandwich WG Hamburger Bun w/ Meatloaf Corn, Lima Bean &amp; Tomato Salad Spring Mix Ketchup Italian Dressing IW Tropical Fruit Mix</p> <hr/> <p>Orange Chicken Diced Chicken w/ Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange 1% Milk (1)</p>
<p><b>29</b></p> <p>WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice &amp; 1% Milk (1)</p> <hr/> <p>Mediterranean Chicken Quinoa Salad Black Beans &amp; Corn Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance 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><b>30</b></p> <p>WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice &amp; 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 &amp; Carrots Brown Rice WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk (1)</p>	<p><b>31</b></p> <p>WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice &amp; 1% Milk (1)</p> <hr/> <p>Barley Mango Salad w/ Turkey Roast Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Homemade Ranch Dressing IW Tropical Fruit Mix</p> <hr/> <p>Diced Chicken w/ Salsa Ranchera Mixed Vegetables Mexican Rice WG White Corn Tortilla (2) IW Pears 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.