

Lactose Free Home Delivered Meals June Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1)	WG Cheerios Orange-Pineapple Juice & LF Milk (1) 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	WW Bread (2) Hummus LF Yogurt (2) Orange Juice & LF Milk (1) LF Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	WG Mini Bagel Peanut Butter & SF Jelly Orange-Pineapple Juice & LF Milk (1) 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	WW Bread w/ Peanut Butter & SF Jelly WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches
Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Jasmine Rice & Oriental Vegetable Blend WW Crackers (4pk) IW Pears LF Milk (1)	Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots LF Mexican Rice IW Apricot LF Milk (1)	WW Tricolor Pasta w/ LF Creamy Garlic Sauce & Chicken Breast Brussel Sprouts IW Mandarin Orange LF Milk (1)	LF Beef Enchilada Casserole Brown Rice & Scandinavian Veg. Blend WW Dinner Roll w/ Smart Balance IW Pineapple Chunk LF Milk (1)
8	9	10	11	12
WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) 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	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1) Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Cilantro Lime Dressing Fresh Apple	WW Bread (2) Hummus WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (1) LF Creamy Pesto Chicken Salad LF Heart Healthy Garbanzo Salad w/ LF Feta Cheese IW Peaches
Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) LF Mexican Rice IW Tropical Fruit Mix LF Milk (1)	WW Penne Pasta w/ Marinara Sauce Ground Turkey Italian Vegetable Blend IW Pineapple Chunks LF Milk (1)	Roast Beef w/ LF Mushroom Brown Gravy Carrots LF Mashed Potatoes IW Mandarin Orange LF Milk (1)	Cubed Beef w/ LF Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks LF Milk (1)	LF Meatless Meatball w/ LF Brown Gravy LF Mashed Potatoes Peas WW Dinner Roll (2) w/ Smart Balance Fresh Orange LF Milk (1)
15	16	17	18	**19**
WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (1) Chicken w/ Green Beans & Tomato Salad LF Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & LF Milk (1) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange	WG Cheerios WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1) Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) IW Pineapple Chunks	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (1) Ground Pork Black Beans & Corn Roasted Fajitas Blend Spring Mix WW Rotini LF Feta Cheese Cilantro Lime Dressing IW Peaches	WG Cheerios WW Bread (2) w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (1) LF Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll IW Apricot
Pulled Pork w/ Tomatillo Salsa Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple LF Milk (1)	Turkey Bolognese Italian Vegetable Blend WG Penne Pasta IW Peaches LF Milk (1)	Diced Chicken w/ Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange LF Milk (1)	Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix LF Milk (1)	**Father's Day Celebration** Roast Beef w/ Brown Gravy Broccoli Baby Baked Potatoes WW Dinner Roll IW Pears Fruited Gelatin LF Milk (1)





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<p>22</p> <p>WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)</p> <hr/> <p>LF Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Balsamic Vinaigrette Dressing IW Peaches</p> <hr/> <p>Breaded Fish Pico de Gallo Broccoli WG White Corn Tortilla (1) LF Spanish Rice Fresh Apple LF Milk (1)</p>	<p>**23**</p> <p>WG Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (1)</p> <hr/> <p>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 Orange</p> <hr/> <p>**Summer Celebration**</p> <p>Turkey Roast Corn & Carrots Black Beans Hawaiian Roll Ketchup & Mayo Ambrosia LF Milk (1)</p>	<p>24</p> <p>WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1)</p> <hr/> <p>LF Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Cilantro Lime Dressing IW Apricot</p> <hr/> <p>Pork Carnitas w/ LF Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks LF Milk (1)</p>	<p>25</p> <p>WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)</p> <hr/> <p>LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears</p> <hr/> <p>Turkey Roast w/ LF Gravy Peas & Carrots LF Orzo w/ Vegetable Pilaf Fresh Orange LF Milk (1)</p>	<p>26</p> <p>WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1)</p> <hr/> <p>Beef Hamburger WG Hamburger Bun w/ Beef Patty Corn, Lima bean & Tomato Spring Mix Ketchup & Mustard LF Homemade Ranch Dressing IW Tropical Fruit Mix</p> <hr/> <p>Diced Chicken w/ LF Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange LF Milk (1)</p>
<p>29</p> <p>WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (1)</p> <hr/> <p>LF Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Cilantro Lime Dressing IW Peaches</p> <hr/> <p>Baked Fish w/ LF Creamy Garlic Sauce Brussels Sprout LF Orzo Vegetable Pilaf Fresh Orange LF Milk (1)</p>	<p>30</p> <p>WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)</p> <hr/> <p>Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Ambrosia</p> <hr/> <p>Pork Tenderloin w/ LF Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll Fresh Apple LF Milk (1)</p>	<p>31</p> <p>WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1)</p> <hr/> <p>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</p> <hr/> <p>Diced Chicken w/ Salsa Ranchera Mixed Vegetables LF Mexican Rice WG White Corn Tortilla (2) IW Pears LF 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.