



## Vegetarian Home Delivered Meals June Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WG Cheerios Orange-Pineapple Juice & 1% Milk (1)	WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1)	WG Pancakes (2) w/ SF Syrup & Smart Balance Omelet Orange-Pineapple Juice & 1% Milk (1)	WG Waffle Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (1)
Vietnamese Chickenless Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	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	Cranberry Basil Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	Vegetarian Chef's Salad (Chickenless Chunks, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Vegetarian Homemade Ranch Dressing Fresh Apple	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
Hard Boiled Eggs (2) Chickenless Sausage (1) Capri Vegetable Blend Carrots Hash Brown WW Bread Fresh Apple 1% Milk (1)	Chickenless Chunks w/ Vegetarian Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears 1% Milk (1)	Vegetarian Carne con Chile (Cubed Beef Sub w/ Chili Sauce) Peas & Carrots Vegetarian Mexican Rice IW Apricot 1% Milk (1)	Vegetarian Chicken Alfredo WG Tricolor Pasta w/ Vegetarian Alfredo Sauce & Chickenless Breast Brussel Sprouts IW Mandarin Orange 1% Milk (1)	Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice IW Pineapple Chunk 1% Milk (1)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
WG Pancake w/ SF Syrup FF Yogurt (2) Orange Juice & 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (1)	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1)
Signature Chickenless Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange	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	Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears	Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple	Creamy Pesto Chickenless Salad Heart Healthy Garbanzo Salad w/ Feta Cheese IW Peaches
Fish Sub Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Vegetarian Mexican Rice IW Tropical Fruit Mix 1% Milk (1)	WW Penne Pasta w/ Marinara Sauce Crumble Beef Sub Italian Vegetable Blend Parmesan Cheese (1pkt) IW Pineapple Chunks 1% Milk (1)	Chickenless Chunk Salsa Ranchera Fiesta Blend Vegetarian Cilantro Lime Rice IW Mandarin Orange 1% Milk (1)	Cubed Beef Sub w/ Vegetarian Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks 1% Milk (1)	Meatless Meatball w/ Vegetarian Country Mushroom Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll (2) Fresh Orange 1% Milk (1)
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>**19**</b>
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1)	WG English Muffin w/ Vegetarian Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (1)	WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1)	WG Cheerios WW Bread (2) FF Yogurt (2) Orange Juice & 1% Milk (1)
Vegetarian Green Beans & Tomato Salad w/ Chickenless Chicken Mexican Style Salad WW Dinner Roll IW Pears	Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange	Thai Citrus Crunch Salad w/ Chickenless Chicken Edamame WW Dinner Roll (2) IW Pineapple Chunks	Crumbled Beef Sub Black Beans & Corn Roasted Fajita Blend Spring Mix WW Rotini Feta Cheese Cilantro Lime Dressing IW Peaches	Quinoa Salad w/ Butternut Squash & Chickenless Chicken Green Pepper & Tomato Salad WW Dinner Roll (1) IW Apricot
Chickenless Tenders Black Beans Peas & Carrots WG White Corn Tortilla (2) Salsa Tomatillo Fresh Apple 1% Milk (1)	Fish Sub Tartar Sauce Oriental Vegetable Blend Brown Rice IW Peaches 1% Milk	Chickenless Chunk w/ Vegetarian Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange 1% Milk (1)	Spaghetti w/ Marinara Sauce & Crumbled Beef Sub Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)	<b>**Father's Day Celebration**</b> Meatless Beef Patty w/ Vegetarian Brown Gravy Broccoli Baby Baked Potatoes WW Dinner Roll IW Pears Raspberry Double Chocolate Cake Cup 1% Milk





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<b>22</b>	<b>**23**</b>	<b>24</b>	<b>25</b>	<b>26</b>
WW Bread (1) w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1)	WG Pancake (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) Orange Juice & 1% Milk (1) Vegetarian Chef's Salad (Chickenless Chicken, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Homemade Ranch Dressing Fresh Orange	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1) Chickenless Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Italian Dressing IW Apricot	WG Cheerios Hard Boiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) Greek Quinoa Chickenless Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1) Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Corn, Lima Bean & Tomato Salad Spring Mix Ketchup / Mustard IW Tropical Fruit Mix
Chickenless Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Italian Dressing IW Peaches	<b>**Summer Celebration**</b> Breaded Chickenless Patty Corn & Carrots Black Beans Hawaiian Roll Ketchup & Mayo IW Pineapple Chunks Lemon Cream Cup 1% Milk (1)	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)	Chickenless Chunks w/ Orange Sauce Oriental Vegetable Blend Brown Rice WW Dinner Roll w/ Smart Balance IW Mandarin Orange 1% Milk (1)
<b>29</b>	<b>30</b>	<b>31</b>		
WG Mini Bagel w/ Cream Cheese 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	WG Cheerios FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1) Vegetarian Creamy Pesto Chickenless Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette Ambrosia	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Barley Mango Salad w/ Chickenless Chunk Corn, Lima Beans, and Tomato Salad Spring Mix WW Dinner Roll Homemade Ranch Dressing IW Tropical Fruit Mix		
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)		

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.