




Asian Home Delivered Meals July Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July				
		1	2	*** **Independence Day Celebration**
		WG Oatmeal Pouch WW Bread (1) LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & 1% Milk (1)	Shredded Chicken BBQ Sauce Broccoli Black Beans WW Dinner Roll (1) Fresh Orange Lemon Cream Cup 1% Milk (1)
		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	Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix & Edamame WW Bread (2) IW Apricot	
		Diced Chicken w/ Curry Pineapple Sauce Mixed Vegetables Pineapple Fried Rice IW Pears 1% Milk (1)	Vietnamese Caramel Chicken Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks 1% Milk (1)	
6	7	8	9	10
WG Blueberry Muffin FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1)
Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Apple	Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Dinner Roll (2) & Smart Balance Balsamic Vinaigrette IW Mandarin Orange	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix Mediterranean Chickpea Salad Mayo & Mustard IW Pears	Beef Cheeseburger WG Hamburger Bun w/ Beef Patty & Slice Cheese Zucchini & Tomato Salad, & Spring Mix Ketchup & Mustard IW Apricot	Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance Italian Dressing Fresh Apple
Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice IW Peaches 1% Milk (1)	Vietnamese Beef Curry Sliced Carrots Jasmine Rice IW Tropical Fruit Mix 1% Milk (1)	Baked Fish Lemongrass Sauce Stir Fry Supreme Veg Blend Rice Pilaf WW Dinner Roll w/ Smart Balance Fresh Orange 1% Milk (1)	Diced Chicken w/ Huli Huli Pineapple Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks 1% Milk (1)	Cubed Beef Pepper Garlic Sauce Broccoli & Carrots Brown Rice IW Peaches 1% Milk (1)
13	14	15	16	17
WG Oatmeal Pouch 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 w/ SF Syrup WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)
Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches	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	Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	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	Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches
Hard Boiled Eggs (2) Apple Chicken Sausage (1) Capri Vegetable Blend Hash Brown WW Bread (2) Fresh Apple 1% Milk (1)	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears 1% Milk (1)	Pork & Tofu in Caramel Sauce Peas & Carrots Brown Rice IW Apricot 1% Milk (1)	Vietnamese Caramel Sauce Stir Fried Gai Lan Brown Rice IW Mandarin Orange 1% Milk (1)	Beef Ragout Scandinavian Veg Blend WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunk 1% Milk (1)



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
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/> Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice WW Dinner Roll w/ Smart Balance 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/> Vietnamese Beef Curry Italian Vegetable Blend Jasmine Rice IW Pineapple Chunks 1% Milk (1)	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) <hr/> Greek Salad w/ Garbanzo Beans & Chicken Edamame WG Pita Bread Hummus IW Pears <hr/> Baked Fish w/ Lemongrass Sauce Carrots Rice Pilaf 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 w/ Rice & Vegetables Stir Fried Gai Lan WW Dinner Roll (2) w/ Smart Balance Fresh Orange 1% Milk (1)
27	28	29	30	31
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 (2) IW Mandarin Orange <hr/> Fish in Tomato Sauce Italian Vegetable Blend Brown Rice IW Peaches 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)	WG Cheerios WW Bread FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad Edamame WW Dinner Roll (2) IW Apricot <hr/> Chicken in Tamarind Mixed Vegetables Jasmine Rice IW Mandarin Orange 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.