




## Hispanic Home Delivered Meals July Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	2 WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & 1% Milk (1)	**3** <b>**Independence Day Celebration**</b>
		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	Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix WW Bread (2) IW Apricot	Shredded Chicken BBQ Sauce Broccoli Black Beans WW Dinner Roll (1) Fresh Orange Lemon Cream Cup 1% Milk (1)
6 WG Blueberry Muffin FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	7 WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	8 WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	9 WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	10 WW Bread (2) Hummus LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)
Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple	Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix, Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette IW Mandarin Orange	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix Mediterranean Chickpea Salad Mayo & Mustard IW Pears	Beef Hamburger WG Hamburger Bun w/ Beef Patty 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
Ground Turkey w/ Picadillo Sauce Scandinavian Vegetable Blend Red Skin Potatoes WG White Corn Tortilla (1) IW Peaches 1% Milk (1)	Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Mexican Rice Pico de Gallo IW Tropical Fruit Mix 1% Milk (1)	Chicken Breast Red Enchilada Sauce Peas & Carrots Mexican Rice WG White Corn Tortilla (1) Sour Cream Fresh Orange 1% Milk (1)	Baked Fish w/ Salsa Ranchera Black Beans Mexican Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks 1% Milk (1)	Vegetarian Enchiladas Casserole Broccoli & Carrots Brown Rice IW Peaches 1% Milk (1)
13 WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	14 WG Cheerios Orange-Pineapple Juice & 1% Milk (1)	15 WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1)	16 WG Pancakes (2) w/ SF Syrup & Smart Balance Omelet Orange-Pineapple Juice & 1% Milk (1)	17 WG Waffle Peanut Butter & SF Jelly 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) Brown Rice & Spring Mix 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) & Hash Brown Capri Vegetable Blend & Carrots WW Bread Fresh Apple 1% Milk (1)	Green Chicken Casserole Oriental Vegetable Blend Dinner Roll (2) w/ Smart Balance IW Pears 1% Milk (1)	Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots Mexican Rice IW Apricot 1% Milk (1)	Breaded Fish Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Pico de Gallo IW Mandarin Orange 1% Milk (1)	Beef Enchilada Casserole Scandinavian Veg Blend & Brown Rice WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunk 1% Milk (1)





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<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
WG Pancake w/ SF Syrup & Smart Balance 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 Hardboiled Egg (1) FF Yogurt (2) WG Chocolate Granola Orange Juice & 1% Milk (1)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & 1% Milk (1)
Signature Chicken 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 Cilantro Lime Rice Pico de Gallo Fresh Orange	Greek Salad w/ Garbanzo Beans & Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears	Tuna Salad Tomato Cucumber Salad Spring Mix & Edamame WW Bread (2) Italian Dressing Fresh Apple	Creamy Pesto Chicken Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix WW Crackers (4pk) IW Peaches
Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix 1% Milk (1)	Fajita Plate Chicken Strips w/ Fajita Veg Blend Mexican Rice WG White Corn Tortilla (1) Salsa Verde IW Pineapple Chunks 1% Milk (1)	Salisbury Steak w/ Salsa Ranchera Carrots Spanish Rice IW Mandarin Orange 1% Milk (1)	Cheese Enchiladas w/ Red Enchilada Sauce Pinto Beans Spanish Rice IW Pineapple Chunks 1% Milk (1)	Pork Carnitas w/ Tomatillo Sauce Fiesta Vegetable Blend Carrots Cilantro Lime Rice WG White Corn Mini Tortillas (2) Fresh Orange 1% Milk (1)
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1)	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (1)	WG Cheerios 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 WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)
Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Dinner Roll w/ Smart Balance IW Pears	Couscous w/ Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll IW Mandarin Orange	Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunks	Ground Pork Black Beans & Corn Roasted Fajitas Blend Spring Mix WW Rotini Feta Cheese Cilantro Lime Dressing IW Peaches	Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll IW Apricot
Pulled Pork w/ Salsa Verde Black Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple 1% Milk (1)	Carne con Chile (Cubed Beef w/ Chili Sauce) Fajitas Veg. Blend WG White Corn Mini Tortillas (2) Spanish Rice IW Peaches 1% Milk (1)	Breaded Fish Sliced Carrots Brown Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange 1% Milk (1)	Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)	Fish Tacos WG White Corn Tortillas (2) w/ Fish Sticks (3) Mixed Vegetables Baby Baker Potato Pico de Gallo 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.

Voluntary Contribution \$5.25 per day

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