


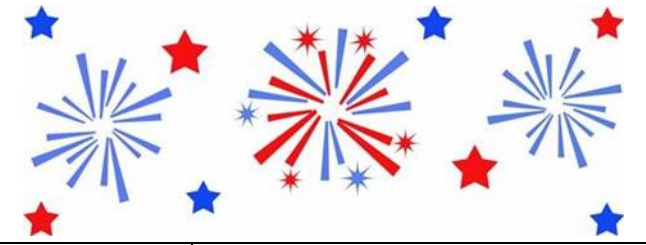
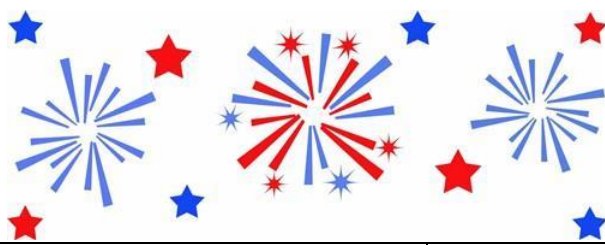


# Lactose Free Delivered Meals July Menu 2026




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>WG Oatmeal Pouch LF Yogurt (2) Orange Juice &amp; 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>	<p><b>2</b></p> <p>WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice &amp; LF Milk (1)</p> <hr/> <p>Classic Egg Salad LF Heart Healthy Garbanzo Salad Spring Mix Edamame WW Bread (2) IW Apricot</p> <hr/> <p>Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks LF Milk (1)</p>	<p><b>**3**</b></p> <p><b>**Independence Day Celebration**</b></p> <p>Shredded Chicken BBQ Sauce Broccoli Black Beans WW Dinner Roll (1) Fresh Orange Almond Cookie (1) LF Milk (1)</p>
		<p><b>6</b></p> <p>WG Blueberry Muffin LF Yogurt (2) Orange-Pineapple Juice &amp; LF Milk (1)</p> <hr/> <p>Tuna Salad Black Beans &amp; Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple</p> <hr/> <p>Sliced Turkey w/ LF Gravy LF Mashed Potatoes Scandinavian Veg Blend Carrots WW Dinner Roll IW Peaches LF Milk (1)</p>	<p><b>7</b></p> <p>WW Bread w/ SF Jelly &amp; Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange Juice &amp; LF Milk (1)</p> <hr/> <p>LF Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber &amp; Cherry Tomato WW Crackers (4pk) Cilantro Lime Dressing IW Mandarin Orange</p> <hr/> <p>Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) LF Mexican Rice Pico de Gallo IW Tropical Fruit Mix LF Milk (1)</p>	<p><b>8</b></p> <p>WG Cheerios LF Yogurt (2) Orange-Pineapple Juice &amp; LF Milk (1)</p> <hr/> <p>Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix LF Mediterranean Chickpea Salad Mayo &amp; Mustard IW Pears</p> <hr/> <p>Tri-Color Pasta w/ LF Parmesan Sundried Tomato Sauce &amp; Chicken Breast Peas &amp; Carrots WW Dinner Roll w/ Smart Balance Fresh Orange LF Milk (1)</p>
<p><b>13</b></p> <p>WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice &amp; LF Milk (1)</p> <hr/> <p>Vietnamese Chicken Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches</p> <hr/> <p>Hard Boiled Eggs (2) Apple Chicken Sausage (1) Carrots &amp; Capri Vegetable Blend Hash Brown WW Bread Fresh Apple LF Milk (1)</p>	<p><b>14</b></p> <p>WG Cheerios Orange-Pineapple Juice &amp; LF Milk (1)</p> <hr/> <p>LF Pork Taco Bowl (Pulled Pork, Pinto Beans, Corn, LF Feta Cheese) Brown Rice &amp; Spring Mix WG White Corn Mini Tortillas (2) Cilantro Lime Dressing Fresh Orange</p> <hr/> <p>Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Jasmine Rice &amp; Oriental Vegetable Blend WW Crackers (4pk) IW Pears LF Milk (1)</p>	<p><b>15</b></p> <p>WW Bread (2) Hummus LF Yogurt (2) Orange Juice &amp; LF Milk (1)</p> <hr/> <p>LF Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix</p> <hr/> <p>Carne con Chile (Cubed Beef w/ Chili Sauce) Peas &amp; Carrots LF Mexican Rice IW Apricot LF Milk (1)</p>	<p><b>16</b></p> <p>WG Mini Bagel Peanut Butter &amp; SF Jelly Orange-Pineapple Juice &amp; 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 Apple</p> <hr/> <p>WG Tricolor Pasta w/ LF Creamy Garlic Sauce &amp; Chicken Breast &amp; Brussel Sprouts IW Mandarin Orange LF Milk (1)</p>	<p><b>17</b></p> <p>WW Bread w/ Peanut Butter &amp; SF Jelly WG Oatmeal Pouch LF Yogurt (2) Orange Juice &amp; LF Milk (1)</p> <hr/> <p>LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix &amp; Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing IW Peaches</p> <hr/> <p>LF Beef Enchilada Casserole Brown Rice &amp; Scandinavian Veg. Blend WW Dinner Roll w/ Smart Balance IW Pineapple Chunk LF Milk (1)</p>





## Lactose Free Home Delivered Meals July Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1)	WW Bread (2) Hummus WG Oatmeal Pouch Orange-Pineapple Juice & LF 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 LF Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange	Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears	Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Cilantro Lime Dressing Fresh Apple	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)
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (1)	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & LF Milk (1)	WG Cheerios WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (1)	WG Cheerios 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	Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange	Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) IW Pineapple Chunks	Ground Pork Black Beans & Corn Roasted Fajitas Blend Spring Mix WW Rotini LF Feta Cheese Cilantro Lime Dressing IW Peaches	LF Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (2) 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)	Baked Fish Mixed Vegetables Baby Baker Potato WG White Corn Mini Tortillas (4) Pico de Gallo IW Mandarin Orange LF 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.