



## Vegetarian Home Delivered Meals July Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JULY</b>				
		1	2	**3**
		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 Chickenless Tender w/ Salsa Ranchera Mixed Vegetables Vegetarian Mexican Rice WG White Corn Tortilla (2) IW Pears 1% Milk (1)	WG English Muffin w/ Vegetarian Sausage Patty Orange-Pineapple Juice & 1% Milk (1) Classic Egg Salad Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix Edamame WW Bread (2) IW Apricot Chickenless Chunk w/ Vegetarian Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks 1% Milk (1)	<b>**Independence Day Celebration**</b> Chickenless Breast BBQ Sauce Broccoli & Carrots Black Beans WW Dinner Roll (1) Fresh Orange Lemon Cream Cup 1% Milk (1)
6	7	8	9	10
WG Blueberry Muffin Hardboiled Egg (1) FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) Vegetarian Provencal Tofu Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Homemade Ranch Dressing Fresh Apple Breaded Chickenless Patty w/ Vegetarian Asian Sauce Oriental Vegetable Blend Rice Pilaf IW Peaches 1% Milk (1)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Chickenless Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette IW Mandarin Orange Crumble Beef Sub Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) Vegetarian Mexican Rice Pico de Gallo IW Tropical Fruit Mix 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) Chickenless Tenders WW Bread (2) Spring Mix Mediterranean Chickpea Salad Hummus IW Pears Tri-Color Pasta w/ Parmesan Sundried Tomato Sauce & Chickenless Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh Orange 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty Sub Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot Chickenless Tender w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks 1% Milk (1)	WW Bread (2) Hummus LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Chickenless Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing Fresh Apple Vegetarian Enchilada Casserole Broccoli & Carrots Brown Rice IW Peaches 1% Milk (1)
13	14	15	16	17
WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Vietnamese Chickenless Salad Edamame WW Dinner Roll (2) w/ Smart Balance IW Peaches Hard Boiled Eggs (2) Chickenless Sausage (1) Capri Vegetable Blend Carrots Hash Brown WW Bread Fresh Apple 1% Milk (1)	WG Cheerios Orange-Pineapple Juice & 1% Milk (1) 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 Chickenless Chunks w/ Vegetarian Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice WW Crackers (4pk) IW Pears 1% Milk (1)	WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1) Cranberry Basil Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Vegetarian Carne con Chile (Cubed Beef Sub w/ Chili Sauce) Peas & Carrots Vegetarian Mexican Rice IW Apricot 1% Milk (1)	WG Pancakes (2) w/ SF Syrup & Smart Balance Omelet Orange-Pineapple Juice & 1% Milk (1) Vegetarian Chef's Salad (Chickenless Chunks, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Vegetarian Homemade Ranch Dressing Fresh Apple Vegetarian Chicken Alfredo WG Tricolor Pasta w/ Vegetarian Alfredo Sauce & Chickenless Breast Brussel Sprouts IW Mandarin Orange 1% Milk (1)	WG Waffle Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (1) 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 Vegetarian Enchilada Casserole Capri Vegetable Vegetarian Cilantro Lime Rice IW Pineapple Chunk 1% Milk (1)





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
WG Pancake w/ SF Syrup FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Signature Chickenless Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange <hr/> Fish Sub Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Vegetarian Mexican Rice 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 Vegetarian Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange <hr/> WW Penne Pasta w/ Marinara Sauce Crumble Beef Sub Italian Vegetable Blend Parmesan Cheese (1pkt) IW Pineapple Chunks 1% Milk (1)	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) <hr/> Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless Chicken Spring Mix WG Pita Bread Hummus Homemade Ranch Dressing IW Pears <hr/> Chickenless Chunk Salsa Ranchera Fiesta Blend Vegetarian Cilantro Lime Rice IW Mandarin Orange 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Classic Egg Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple <hr/> Cubed Beef Sub w/ Vegetarian 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 Chickenless Salad Heart Healthy Garbanzo Salad w/ Feta Cheese IW Peaches <hr/> Meatless Meatball w/ Vegetarian Country Mushroom Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll (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) <hr/> Vegetarian Green Beans & Tomato Salad w/ Chickenless Chicken Mexican Style Salad WW Dinner Roll IW Pears <hr/> Chickenless Tenders Black Beans Peas & Carrots WG White Corn Tortilla (2) Salsa Tomatillo Fresh Apple 1% Milk (1)	WG English Muffin w/ Vegetarian 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 Sub Tartar Sauce Oriental 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/> Thai Citrus Crunch Salad w/ Chickenless Chicken Edamame WW Dinner Roll (2) IW Pineapple Chunks <hr/> Chickenless Chunk w/ Vegetarian 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 Beef Sub Black Beans & Corn Roasted Fajita Blend Spring Mix WW Rotini Feta Cheese Cilantro Lime Dressing IW Peaches <hr/> Spaghetti w/ Marinara Sauce & Crumbled Beef Sub Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1) <hr/> Quinoa Salad w/ Butternut Squash & Chickenless Chicken Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot <hr/> Vegetarian Fish Tacos WG White Corn Mini Tortillas (4) w/ Fish Stick Sub (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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