



Lactose Free Home Delivered Meals September Menu 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) 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 WW Penne Pasta w/ Marinara Sauce Ground Turkey Italian Vegetable Blend IW Pineapple Chunks LF Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) Greek Salad w/ Garbanzo Beans & Chicken WG Pita Bread Hummus IW Pears Roast Beef w/ LF Mushroom Brown Gravy Carrots LF Mashed Potatoes IW Mandarin Orange LF Milk (1)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1) Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Cilantro Lime Dressing Fresh Apple Cubed Beef w/ LF Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll w/ Smart Balance IW Pineapple Chunks LF Milk (1)	WW Bread (2) Hummus WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (1) LF Creamy Pesto Chicken Salad LF Heart Healthy Garbanzo Salad w/ LF Feta Cheese IW Peaches LF Meatless Meatball w/ LF Brown Gravy LF Mashed Potatoes Peas WW Dinner Roll (2) w/ Smart Balance Fresh Orange LF Milk (1)
7	8	9	10	11
Labor Day Celebration Pork Carnitas BBQ Sauce Corn & Carrots Homemade Pinto Beans WW Dinner Roll (2) Peach Crisp LF Milk (1) 	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & LF Milk (1) Couscous w/ LF Feta Cheese Salad Healthy Veggie Salad Spring Mix WW Dinner Roll (2) IW Mandarin Orange Turkey Bolognese Italian Vegetable Blend WG Penne Pasta IW Peaches LF Milk (1)	WG Cheerios WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1) Chicken Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) IW Pineapple Chunks Diced Chicken w/ Lemongrass Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange LF Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch Orange-Pineapple Juice & LF Milk (1) Ground Pork Black Beans & Corn Roasted Fajitas Blend Spring Mix WW Rotini LF Feta Cheese Cilantro Lime Dressing IW Peaches Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix LF Milk (1)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1) LF Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad WW Dinner Roll (2) IW Apricot Baked Fish Mixed Vegetables Baby Baker Potato WG White Corn Mini Tortillas (4) Pico de Gallo IW Mandarin Orange LF Milk (1)
14	15	16	17	**18**
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) LF Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes WW Crackers (2pk) Balsamic Vinaigrette Dressing IW Peaches Breaded Fish Pico de Gallo Broccoli WG White Corn Tortilla (1) LF Spanish Rice Fresh Apple LF Milk (1)	WG Bread (2) w/ Peanut Butter & SF Jelly Orange Juice & LF Milk (1) 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 Orange Cubed Beef w/ Stroganoff Sauce Carrots Egg Noodles Ambrosia LF Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1) LF Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix WW Crackers (2pk) Cilantro Lime Dressing IW Apricot Pork Carnitas w/ LF Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (2) IW Pineapple Chunks LF Milk (1)	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears Turkey Roast w/ LF Gravy Peas & Carrots LF Orzo w/ Vegetable Pilaf Fresh Orange LF Milk (1)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1) Beef Hamburger WG Hamburger Bun w/ Beef Patty Corn, Lima bean & Tomato Spring Mix Ketchup & Mustard LF Homemade Ranch Dressing IW Tropical Fruit Mix **Western Day Celebration** Chicken Breast w/ Brown Gravy Oriental Vegetable Blend Rice Pilaf WW Dinner Roll (1) Fresh Orange Apple Pie LF Milk (1)





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (1)	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)	WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1)	WG English Muffin w/ Turkey Sausage Patty Orange-Pineapple Juice & LF Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1)
LF Mediterranean Chicken Quinoa Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Cilantro Lime Dressing IW Peaches	Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Ambrosia	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	Classic Egg Salad LF Heart Healthy Garbanzo Salad Spring Mix Edamame WW Bread (2) IW Apricot	Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix Edamame WW Crackers (2pk) IW Mandarin Orange
First Day of Fall Celebration Cubed Beef California Vegetable Blend Egg Noodles Goulash Fresh Apple LF Fruit Yogurt Delight LF Milk (1)	Pork Tenderloin w/ LF Sweet Citrus Glaze Sauce Broccoli & Carrots Brown Rice WW Dinner Roll Fresh Apple LF Milk (1)	Diced Chicken w/ Salsa Ranchera Mixed Vegetables LF Mexican Rice WG White Corn Tortilla (2) IW Pears LF Milk (1)	Diced Chicken w/ Vietnamese Caramel Sauce Capri Vegetables Carrots Jasmine Rice IW Pineapple Chunks LF Milk (1)	LF Spinach & Mushroom Quiche Apple Chicken Sausage (1) Mixed Vegetables WW Dinner Roll (2) IW Pears LF Milk (1)
28	29	30		
WG Blueberry Muffin LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1)	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)		
Tuna Salad Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple	LF Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomato WW Crackers (4pk) Cilantro Lime Dressing IW Mandarin Orange	Roast Turkey Sandwich WW Bread (2) w/ Roast Turkey Spring Mix LF Mediterranean Chickpea Salad Mayo & Mustard IW Pears		
Sliced Turkey w/ LF Gravy LF Mashed Potatoes Scandinavian Veg Blend Carrots WW Dinner Roll IW Peaches LF Milk (1)	Barbacoa Beef Fiesta Vegetable Mix WG White Corn Mini Tortillas (2) LF Mexican Rice Pico de Gallo IW Tropical Fruit Mix LF Milk (1)	Tri-Color Pasta w/ LF Parmesan Sundried Tomato Sauce & Chicken Breast Peas & Carrots WW Dinner Roll w/ Smart Balance Fresh 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.

Voluntary Contribution \$5.25 per day

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