



Multicultural Home Delivered Meals September Menu 2026

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





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