

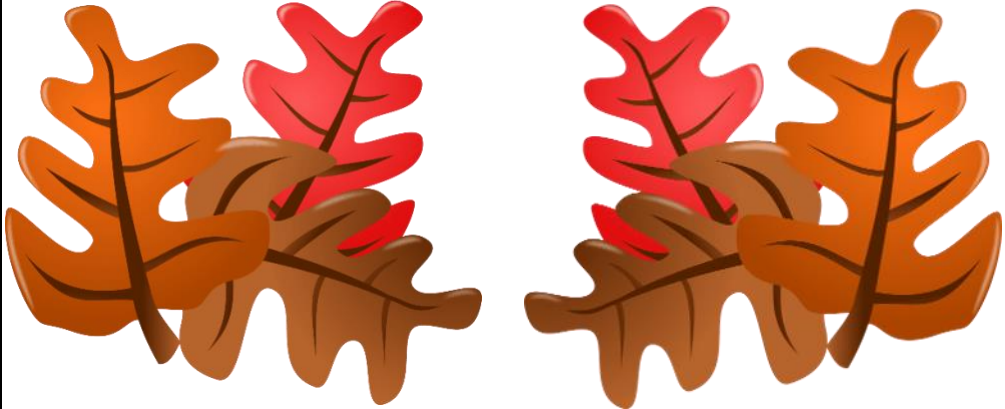
## Vegetarian Home Delivered Meals September Menu 2026

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                             | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2                                                                                                                                                                                                                                                                                                                                                                                               | 3                                                                                                                                                                                                                                                                                                                                                                                              | 4                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                              | WW Bread (2) w/ Peanut Butter & SF Jelly<br>LF String Cheese<br>FF Yogurt<br>Orange-Pineapple Juice & 1% Milk (1)<br><hr/> Tofu Burrito Bowl<br>(Roast Tofu, Fajitas, Black Beans)<br>Spring Mix<br>Vegetarian Cilantro Lime Rice<br>WG White Corn Mini Tortillas (2)<br>Pico de Gallo<br>Fresh Orange<br><hr/> WW Penne Pasta w/ Marinara Sauce<br>Crumble Beef Sub<br>Italian Vegetable Blend<br>Parmesan Cheese (1pkt)<br>IW Pineapple Chunks<br>1% Milk (1) | WG Oatmeal Pouch<br>FF Yogurt (2)<br>Orange-Pineapple Juice & 1% Milk (1)<br><hr/> Vegetarian Greek Salad w/ Garbanzo Beans &<br>Chickenless Chicken<br>Spring Mix<br>WG Pita Bread<br>Hummus<br>Homemade Ranch Dressing<br>IW Pears<br><hr/> Chickenless Chunk<br>Salsa Ranchera<br>Fiesta Blend<br>Vegetarian Cilantro Lime Rice<br>IW Mandarin Orange<br>1% Milk (1)                         | WG Cheerios<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (1)<br><hr/> Classic Egg Salad<br>Tomato Cucumber Salad<br>Spring Mix<br>WW Bread (2)<br>Italian Dressing<br>Fresh Apple<br><hr/> Cubed Beef Sub<br>w/ Vegetarian Pepper Garlic Sauce<br>Carrots & Corn<br>Brown Rice<br>WW Dinner Roll w/ Smart Balance<br>IW Pineapple Chunks<br>1% Milk (1)                                          | WW Bread (2) w/ Peanut Butter & SF Jelly<br>WG Oatmeal Pouch<br>Orange-Pineapple Juice & 1% Milk (1)<br><hr/> Creamy Pesto Chickenless Salad<br>Heart Healthy Garbanzo Salad<br>w/ Feta Cheese<br>IW Peaches<br><hr/> Meatless Meatball<br>w/ Vegetarian Country Mushroom Gravy<br>Mashed Potatoes<br>Peas & Carrots<br>WW Dinner Roll (2)<br>Fresh Orange<br>1% Milk (1)                                                                       |
| ***7**                                                                                                                                                                                                                                                                                                                                                                                                                       | 8                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 9                                                                                                                                                                                                                                                                                                                                                                                               | 10                                                                                                                                                                                                                                                                                                                                                                                             | 11                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>**Labor Day Celebration**</b><br>Chickenless Tender<br>BBQ Sauce<br>Corn & Carrots<br>Homemade Pinto Beans<br>WG Corn Muffin<br>Peach Crisp<br>1% Milk (1)<br>                                                                                                                                                                          | WG English Muffin w/ Vegetarian Sausage Patty<br>Hardboiled Egg (1)<br>Orange-Pineapple Juice & 1% Milk (1)<br><hr/> Couscous w/ Feta Cheese Salad<br>Healthy Veggie Salad<br>Spring Mix<br>WW Dinner Roll (2)<br>IW Mandarin Orange<br><hr/> Fish Sub<br>Tartar Sauce<br>Oriental Vegetable Blend<br>Brown Rice<br>IW Peaches<br>1% Milk (1)                                                                                                                   | WG Cheerios<br>WG Chocolate Granola<br>LF String Cheese<br>FF Yogurt<br>Orange Juice & 1% Milk (1)<br><hr/> Thai Citrus Crunch Salad w/ Chickenless Chicken<br>Edamame<br>WW Dinner Roll (2)<br>IW Pineapple Chunks<br><hr/> Chickenless Chunk<br>w/ Vegetarian Lemongrass Sauce<br>Oriental Vegetable Blend<br>Carrots<br>Jasmine Rice<br>Fresh Orange<br>1% Milk (1)                          | WW Bread (2) w/ SF Jelly & Smart Balance<br>WG Oatmeal Pouch<br>Orange-Pineapple Juice & 1% Milk (1)<br><hr/> Crumbled Beef Sub<br>Black Beans & Corn<br>Roasted Fajita Blend<br>Spring Mix<br>WW Rotini<br>Feta Cheese<br>Cilantro Lime Dressing<br>IW Peaches<br><hr/> Spaghetti w/ Marinara Sauce<br>& Crumbled Beef Sub<br>Scandinavian Veg. Blend<br>IW Tropical Fruit Mix<br>1% Milk (1) | WG Cheerios<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (1)<br><hr/> Quinoa Salad w/ Butternut Squash & Chickenless<br>Chicken<br>Green Pepper & Tomato Salad<br>WW Dinner Roll (2)<br>IW Apricot<br><hr/> Vegetarian Fish Tacos<br>WG White Corn Mini Tortillas (4)<br>w/ Fish Stick Sub (3)<br>Mixed Vegetables<br>Baby Baker Potato<br>Pico de Gallo<br>IW Mandarin Orange<br>1% Milk (1)                                                     |
| 14                                                                                                                                                                                                                                                                                                                                                                                                                           | 15                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 16                                                                                                                                                                                                                                                                                                                                                                                              | 17                                                                                                                                                                                                                                                                                                                                                                                             | <b>**18**</b>                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| WW Bread (1) w/ SF Jelly & Smart Balance<br>WG Oatmeal Pouch<br>FF Yogurt<br>LF String Cheese<br>Orange-Pineapple Juice & 1% Milk (1)<br><hr/> Chickenless Ranch Pasta Salad<br>Spring Mix<br>Sliced Cucumber & Cherry Tomatoes<br>WW Crackers (2pk)<br>Italian Dressing<br>IW Peaches<br><hr/> Fish Sub<br>Broccoli<br>WG White Corn Tortilla (1)<br>Vegetarian Spanish Rice<br>Pico de Gallo<br>Fresh Apple<br>1% Milk (1) | WG Pancake (2) w/ SF Syrup & Smart Balance<br>Hardboiled Egg (1)<br>Orange Juice & 1% Milk (1)<br><hr/> Vegetarian Chef's Salad<br>(Chickenless Chicken, Peppers, Corn, Carrots,<br>Cucumber, Feta Cheese)<br>Spring Mix<br>WW Dinner Roll (2)<br>Homemade Ranch Dressing<br>Fresh Orange<br><hr/> Cubed Beef Sub<br>w/ Vegetarian Stroganoff Sauce<br>Carrots<br>Egg Noodles<br>Ambrosia<br>1% Milk (1)                                                        | WG Oatmeal Pouch<br>WG Chocolate Granola<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (1)<br><hr/> Chickenless Corn Pasta Salad<br>Tomato Cucumber Salad<br>Spring Mix<br>WW Crackers (2pk)<br>Italian Dressing<br>IW Apricot<br><hr/> Chickenless Tender<br>w/ Salsa Verde<br>Mixed Vegetables<br>Tomato Cilantro Rice<br>WG White Corn Mini Tortillas (2)<br>IW Pineapple Chunks<br>1% Milk (1) | WG Cheerios<br>Hard Boiled Egg (1)<br>FF Yogurt (2)<br>Orange-Pineapple Juice & 1% Milk (1)<br><hr/> Greek Quinoa Chickenless Salad w/ Balsamic<br>Dressing<br>Spring Mix<br>Cherry Tomato<br>WG Pita Bread<br>Hummus<br>Balsamic Vinaigrette Dressing<br>IW Pears<br><hr/> Garden Chili w/ Kidney Beans<br>Mixed Vegetables<br>Brown Rice<br>Fresh Orange<br>1% Milk (1)                      | WG Cheerios<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (1)<br><hr/> Vegetarian Hamburger<br>WG Hamburger Bun w/ Beef Patty Sub<br>Corn, Lima Bean & Tomato Salad<br>Spring Mix<br>Ketchup / Mustard<br>IW Tropical Fruit Mix<br><hr/> <b>**Western Day Celebration**</b><br>Chickenless Breast<br>Brown Gravy Vegetarian<br>Oriental Vegetable Blend<br>Rice Pilaf<br>WW Dinner Roll (1)<br>Fresh Orange<br>Lemon Cream Cake Cup<br>1% Milk (1) |





## Vegetarian Home Delivered Meals September Menu 2026

| MONDAY                                                                                                                                                                       | TUESDAY                                                                                                                                                            | WEDNESDAY                                                                                                                                                         | THURSDAY                                                                                                                                         | FRIDAY                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>**21**</b>                                                                                                                                                                | <b>22</b>                                                                                                                                                          | <b>23</b>                                                                                                                                                         | <b>24</b>                                                                                                                                        | <b>25</b>                                                                                                                                 |
| WG Mini Bagel w/ Cream Cheese<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (1)                                                                                                 | WG Cheerios<br>FF Yogurt<br>LF String Cheese<br>Orange-Pineapple Juice & 1% Milk (1)                                                                               | WG Oatmeal Pouch<br>LF String Cheese<br>FF Yogurt<br>Orange Juice & 1% Milk (1)                                                                                   | WG English Muffin<br>w/ Vegetarian Sausage Patty<br>Orange-Pineapple Juice & 1% Milk (1)                                                         | WG Oatmeal Pouch<br>WG Chocolate Granola<br>FF Yogurt (2)<br>Orange Juice & 1% Milk (1)                                                   |
| Mediterranean Chickenless Quinoa Salad<br>Black Beans & Corn Salad<br>Spring Mix<br>WW Dinner Roll (2)<br>Italian Dressing<br>IW Peaches                                     | Vegetarian Creamy Pesto Chickenless Salad<br>Tomato Cucumber Salad<br>Spring Mix<br>WW Bread (2)<br>Balsamic Vinaigrette<br>Ambrosia                               | Barley Mango Salad w/ Chickenless Chunk<br>Corn, Lima Beans, and Tomato Salad<br>Spring Mix<br>WW Dinner Roll<br>Homemade Ranch Dressing<br>IW Tropical Fruit Mix | Classic Egg Salad<br>Heart Healthy Garbanzo Salad w/ Feta Cheese<br>Spring Mix<br>Edamame<br>WW Bread (2)<br>IW Apricot                          | Chickenless Bulgur Salad<br>w/ Chickpeas, Cucumber & Cranberries<br>Spring Mix<br>Edamame<br>WW Crackers (2pk)<br>IW Mandarin Orange      |
| <b>**First Day of Fall Celebration**</b><br>Cubed Beef Sub<br>California Vegetable Blend<br>Egg Noodles<br>Vegetarian Goulash<br>Fresh Apple<br>Tiramisu Cake Cup<br>1% Milk | Meatball Sub w/ Sweet Citrus Glaze Sauce<br>Broccoli & Carrots<br>WW Dinner Roll<br>Brown Rice<br>Fresh Apple<br>1% Milk (1)                                       | Chickenless Tender w/ Salsa Ranchera<br>Mixed Vegetables<br>Vegetarian Mexican Rice<br>WG White Corn Tortilla (2)<br>IW Pears<br>1% Milk (1)                      | Chickenless Chunk<br>w/ Vegetarian Vietnamese Caramel Sauce<br>Capri Vegetables<br>Carrots<br>Jasmine Rice<br>IW Pineapple Chunks<br>1% Milk (1) | Spinach & Mushroom Quiche<br>Vegetarian Sausage (1)<br>Mixed Vegetables<br>WW Dinner Roll (2) w/ Smart Balance<br>IW Pears<br>1% Milk (1) |
| <b>28</b>                                                                                                                                                                    | <b>29</b>                                                                                                                                                          | <b>30</b>                                                                                                                                                         |                                                              |                                                                                                                                           |
| WG Blueberry Muffin<br>Hardboiled Egg (1)<br>FF Yogurt (2)<br>Orange-Pineapple Juice & 1% Milk (1)                                                                           | WW Bread w/ SF Jelly & Smart Balance<br>WG Oatmeal Pouch<br>LF String Cheese<br>FF Yogurt<br>Orange Juice & 1% Milk (1)                                            | WG Cheerios<br>FF Yogurt (2)<br>Orange-Pineapple Juice & 1% Milk (1)                                                                                              |                                                                                                                                                  |                                                                                                                                           |
| Vegetarian Provencal Tofu Salad<br>Black Beans & Lentil Salad w/ Cumin Lime<br>Dressing<br>Spring Mix<br>WW Bread (2)<br>Homemade Ranch Dressing<br>Fresh Apple              | Chickenless Pasta Salad w/ Poppy Seed Dressing<br>Spring Mix<br>Sliced Cucumber & Cherry Tomato<br>WW Crackers (4pk)<br>Balsamic Vinaigrette<br>IW Mandarin Orange | Chickenless Tenders<br>WW Bread (2)<br>Spring Mix<br>Mediterranean Chickpea Salad<br>Hummus<br>IW Pears                                                           |                                                                                                                                                  |                                                                                                                                           |
| Breaded Chickenless Patty<br>w/ Vegetarian Asian Sauce<br>Oriental Vegetable Blend<br>Rice Pilaf<br>IW Peaches<br>1% Milk (1)                                                | Crumble Beef Sub<br>Fiesta Vegetable Mix<br>WG White Corn Mini Tortillas (2)<br>Vegetarian Mexican Rice<br>Pico de Gallo<br>IW Tropical Fruit Mix<br>1% Milk (1)   | Tri-Color Pasta<br>w/ Parmesan Sundried Tomato Sauce<br>& Chickenless Breast<br>Peas & Carrots<br>WW Dinner Roll w/ Smart Balance<br>Fresh Orange<br>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

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)