



Asian Home Delivered Meals October Menu 2026 – MC2B002, MC2L002, MC2D002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)
			Beef Cheeseburger WG Hamburger Bun w/ Beef Patty & Slice Cheese Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot	Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing Fresh Apple
			Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (4pk) IW Pineapple Chunks 1% Milk (1)	Cubed Beef w/ Pepper Garlic Sauce Broccoli & Carrots Brown Rice Fresh Orange 1% Milk (1)
5	6	7	8	9
WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WG Cheerios FF Yogurt Orange-Pineapple Juice & 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly FF Yogurt (2) Orange Juice & 1% Milk (1)	WG Pancakes (2) w/ SF Syrup & Smart Balance Hardboiled Egg (1) FF Yogurt Orange-Pineapple Juice & 1% Milk (1)	WG Waffle w/ SF Syrup & Smart Balance WW Bread (1) FF Yogurt (2) Orange Juice & 1% Milk (1)
Vietnamese Chicken Salad Edamame WW Dinner Roll (2) IW Peaches	Taco Bowl (Beef Barbacoa, Pinto Beans, Corn, Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (4) Cilantro Lime Dressing & Sour Cream Fresh Orange	Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) Homemade Ranch Dressing Fresh Apple	Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing Fresh Orange
Omelette Apple Chicken Sausage (2) Capri Vegetable Blend Hash Brown WW Bread Fresh Apple 1% Milk (1)	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice IW Pears 1% Milk (1)	Pork & Tofu in Caramel Sauce Peas & Carrots Brown Rice IW Apricot 1% Milk (1)	Baked Fish w/ Vietnamese Caramel Sauce Stir Fried Gai Lan Brown Rice IW Mandarin Orange 1% Milk (1)	Beef Ragout Scandinavian Veg Blend WW Dinner Roll (2) w/ Smart Balance IW Pineapple Chunk 1% Milk (1)
12	13	14	15	16
WG Pancake w/ SF Syrup & Smart Balance Hardboiled Egg FF Yogurt (2) Orange Juice & 1% Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (1)	WG Oatmeal Pouch FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & 1% 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, Diced Red Pepper, Black Beans) Spring Mix Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange	Greek Salad w/ Garbanzo Beans & Chicken Spring Mix WG Flat Bread Hummus Homemade Ranch Dressing IW Pears	Mexican 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 Spring Mix WW Dinner Roll (1) Homemade Ranch Dressing IW Peaches
Chicken w/ Rice & Noodle and Vegetables Stir Fried Gai Lan WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix 1% Milk (1)	Vietnamese Beef Curry Italian Vegetable Blend Jasmine Rice IW Pineapple Chunks 1% Milk (1)	Baked Fish Lemongrass Sauce Carrots Rice Pilaf IW Mandarin Orange 1% Milk (1)	Cubed Beef w/ Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll IW Pineapple Chunks 1% Milk (1)	Chicken Breast w/ Asian Sauce Cooked Spinach Rice Pilaf Fresh Orange 1% Milk (1)





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1)	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & 1% Milk (1)	WG Cheerios WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt Orange-Pineapple Juice & 1% Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1)
Chicken w/ Green Beans & Tomato Salad Mexican Style Salad Spring Mix WW Dinner Roll (2) IW Pears	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 Diced Red Pepper Feta Cheese Spring Mix WW Rotini Cilantro Lime Dressing IW Peaches	Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad Spring Mix WW Dinner Roll (1) IW Apricot
Shrimp and Pork in Hot Sauce Peas & Carrots Brown Rice Fresh Apple 1% Milk (1)	Fish in Tomato Sauce Italian Vegetable Blend Brown Rice IW Peaches 1% Milk	Pork Loin w/ Asian Sauce Oriental Vegetable Blend Jasmine Rice Fresh Orange 1% Milk (1)	Spaghetti w/ Marinara Sauce & Chicken Meatballs Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)	Chicken in Tamarind Sauce Mixed Vegetables Jasmine Rice Fresh Orange 1% Milk (1)
26	27	28	29	**30**
WW Bread (2) w/ SF Jelly & Smart Balance Hardboiled Egg WG Oatmeal Pouch FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1)	WG English Muffin w/ Turkey Sausage Patty FF Yogurt Orange-Pineapple Juice & 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1)
Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes Dinner Roll Italian Dressing IW Peaches	Classic Egg Wrap Heart Healthy Garbanzo Salad Edamame Spring Mix WG White Flour Tortilla (2) IW Apricot	Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix Italian Dressing Fresh Apple	Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WG Flat 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
Stir-Fry Beef w/ Snow Peas California Vegetable Blend Jasmine Rice Fresh Apple 1% Milk (1)	Breaded Fish Sweet Citrus Glaze Sauce Stir Fried Gai Lan Brown Rice IW Pineapple Chunks 1% Milk (1)	Chicken in Ginger Sauce Mixed Vegetables Brown Rice Dinner Roll (2) IW Peaches 1% Milk (1)	Turkey Pot Roast w/ Pepper Garlic Sauce Broccoli Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)	**Halloween Celebration** Cubed Beef w/ Stew Gravy Stew Vegetables Baby Baked Potatoes WG Corn Muffin IW Mandarin Orange Pistachio Pudding 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 (**). 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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