



Lactose Free Home Delivered Meals October Menu 2026 – MC2B004, MC2L004, MC2D004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (2) Orange Juice & LF Milk (1)
			Beef Hamburger WG Hamburger Bun w/ Beef Patty 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
			Huli Huli Chicken Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Chunks LF Milk (1)	LF Vegetarian Enchilada Casserole Broccoli & Carrots Brown Rice Fresh Orange LF Milk (1)
5	6	7	8	9
WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1)	WG Cheerios LF Yogurt (1) Orange-Pineapple Juice & LF Milk (1)	WW Bread (2) Hummus LF Yogurt (2) Orange Juice & LF Milk (1)	WG Mini Bagel w/ Smart Balance & SF Jelly Hardboiled Egg (1) LF Yogurt Orange-Pineapple Juice & LF Milk (1)	WW Bread w/ Peanut Butter & SF Syrup WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1)
Vietnamese Chicken Salad Edamame WW Dinner Roll (2) IW Peaches	LF Taco Bowl (Barbacoa, Pinto Beans, Corn, LF Feta Cheese) Brown Rice & Spring Mix WG White Corn Mini Tortillas (4) Cilantro Lime Dressing Fresh Orange	LF Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix	LF Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, LF Feta Cheese) Spring Mix WW Dinner Roll (2) LF Homemade Ranch Dressing Fresh Apple	LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Balsamic Vinaigrette Dressing Fresh Orange
Apple Chicken Sausage (2) Capri Vegetable Blend Hash Brown WW Bread Fresh Apple LF Milk (1)	Kung Pao Chicken Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice IW Pears LF Milk (1)	Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots LF Mexican Rice IW Apricot LF Milk (1)	WG Tricolor Pasta w/ LF Alfredo Sauce & Ground Beef Brussel Sprouts IW Mandarin Orange LF Milk (1)	LF Beef Enchilada Casserole Scandinavian Veg. Blend Brown Rice WW Dinner Roll IW Pineapple Chunk LF Milk (1)
12	13	14	15	16
WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly WG Oatmeal Pouch Orange-Pineapple Juice & LF 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 LF 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	Mexican Tuna Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Italian Dressing Fresh Apple	LF Creamy Pesto Chicken Salad LF Heart Healthy Garbanzo Salad w/ LF Feta Cheese Spring Mix WW Dinner Roll LF Homemade Ranch Dressing IW Peaches
Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) LF Mexican Rice IW Tropical Fruit Mix LF Milk (1)	WW Penne Pasta w/ Marinara Sauce Ground Turkey Italian Vegetable Blend IW Pineapple Chunks LF Milk (1)	Roast Beef w/ LF Mushroom Brown Gravy Carrots LF Mashed Potatoes IW Mandarin Orange LF Milk (1)	Cubed Beef w/ LF Pepper Garlic Sauce Carrots & Corn Brown Rice WW Dinner Roll IW Pineapple Chunks LF Milk (1)	Chicken Breast Florentine Sauce Cooked Spinach LF Rice Pilaf Fresh Orange LF Milk





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
WG Mini Bagel w/ SF Jelly LF Yogurt (2) Orange Juice & LF Milk (1)	WG English Muffin w/ Turkey Sausage Patty Hardboiled Egg (1) Orange-Pineapple Juice & LF Milk (1)	WG Cheerios WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1)	WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt Orange-Pineapple Juice & LF Milk (1)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1)
Chicken w/ Green Beans & Tomato Salad LF Mexican Style Salad WW Dinner Roll IW Pears	Couscous w/ LF 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 Spring Mix WW Rotini LF Feta Cheese Cilantro Lime Dressing IW Peaches	LF Chicken Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad Spring Mix WW Dinner Roll (2) IW Apricot
Pork Carnitas w/ LF Tomatillo Salsa Homemade Pinto Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple LF Milk (1)	Turkey Bolognese Italian Vegetable Blend WG Penne Pasta IW Peaches LF Milk (1)	Pork Loin w/ Asian Sauce Oriental Vegetable Blend Jasmine Rice Fresh Orange LF Milk (1)	Spaghetti w/ Marinara Sauce & Ground Beef Scandinavian Veg. Blend IW Tropical Fruit Mix LF Milk (1)	Baked Fish Mixed Vegetables LF Mexican Rice WG White Corn Mini Tortillas (2) Pico de Gallo Tartar Sauce Fresh Orange LF Milk (1)
26	27	28	29	**30**
WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)	WG Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt (1) Orange-Pineapple Juice & LF Milk (1)	WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1)	WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1)	WG Cheerios LF Yogurt (2) Orange Juice & LF Milk (1)
LF Chicken Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes Italian Dressing IW Peaches	Classic Egg Wrap Heart Healthy Garbanzo Salad w/ LF Feta Cheese Edamame Spring Mix WG White Flour Tortilla (2) IW Apricot	LF Chicken & Corn Pasta Salad Tomato Cucumber Salad Spring Mix Italian Dressing Fresh Apple	LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix Cherry Tomato WG Pita Bread Hummus Balsamic Vinaigrette Dressing IW Pears	Beef Hamburger WG Hamburger Bun w/ Beef Patty Corn, Lima bean & Tomato Spring Mix Ketchup Italian Dressing IW Tropical Fruit Mix
Breaded Fish Pico de Gallo California Vegetable Blend WG White Corn Tortilla (2) LF Spanish Rice Fresh Apple LF Milk (1)	Cubed Beef w/ LF Stroganoff Sauce Carrots Egg Noodles IW Pineapple Chunks LF Milk (1)	Pork Carnitas w/ LF Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (4) IW Peaches LF Milk (1)	Turkey Pot Roast w/ LF Pepper Garlic Sauce Broccoli LF Orzo w/ Vegetable Pilaf Fresh Orange LF Milk (1)	**Halloween Celebration** Cubed Beef w/ LF Stew Gravy Stew Vegetables Baby Baked Potatoes WG Dinner Roll (2) IW Pears SF Gelatin Cups 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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