



Multicultural Home Delivered Meals October Menu 2026 – MC2B001, MC2L001, MC2D001

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)	Vegetarian Enchilada Casserole 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) Hummus 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/ Peanut Butter & SF Syrup 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)	Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots Mexican Rice IW Apricot 1% Milk (1)	WG Tricolor Pasta w/ Alfredo Sauce & Ground Beef Brussel Sprouts IW Mandarin Orange 1% Milk (1)	Beef Enchilada Casserole Scandinavian Veg Blend Brown Rice WW Dinner Roll (2) IW Pineapple Chunk 1% Milk (1)
12	13	14	15	16
WG Pancake w/ SF Syrup & Smart Balance 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 WG Chocolate Granola 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, 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 WG Flat Bread Hummus 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 WW Dinner Roll (1) Homemade Ranch Dressing IW Peaches
Baked Fish Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix 1% Milk (1)	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 Breast w/ Florentine 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)	WG Cheerios FF Yogurt (2) Orange Juice & 1% Milk (1)
Chicken w/ Green Beans & Tomato Salad Mexican Style Salad WW Dinner Roll 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
Pork Carnitas w/ Salsa Tomatillo Homemade Pinto Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple 1% Milk (1)	Turkey Bolognese Italian Vegetable Blend WG Penne Pasta 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)	Fish Tacos WG White Corn Mini Tortillas (4) w/ Fish Sticks (3) Mixed Vegetables Mexican Rice Pico de Gallo Tartar Sauce Fresh Orange 1% Milk (1)
26	27	28	29	**30**
WW Bread (1) w/ SF Jelly & Smart Balance 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 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 IW Apricot	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
Breaded Fish California Vegetable Blend WG White Corn Tortilla (2) Spanish Rice Pico de Gallo Fresh Apple 1% Milk (1)	Cubed Beef w/ Stroganoff Sauce Carrots Egg Noodles IW Pineapple Chunks 1% Milk (1)	Pork Carnitas w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (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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