



Vegetarian Home Delivered Meals October Menu 2026 - MC2B005, MC2L005, MC2D005

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

Voluntary Contribution \$5.25 per day

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TURN OVER





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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/ Sausage Patty Sub 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)
Chickenless 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	Chickenless Thai Citrus Crunch Salad Edamame WW Dinner Roll (2) IW Pineapple Chunks	Crumbled Beef Sub Black Beans & Corn Diced Red Pepper Feta Cheese Spring Mix WW Rotini Cilantro Lime Dressing IW Peaches	Chickenless Quinoa Salad w/ Butternut Squash Green Pepper & Tomato Salad Spring Mix WW Dinner Roll (1) IW Apricot
Chickenless Tender w/ Salsa Tomatillo Homemade Pinto Beans Peas & Carrots WG White Corn Tortilla (2) Fresh Apple 1% Milk (1)	Fish Sub Italian Vegetable Blend Brown Rice Tartar Sauce IW Peaches 1% Milk	Chickenless Chunk w/ Asian Sauce Oriental Vegetable Blend Carrots Jasmine Rice Fresh Orange 1% Milk (1)	Spaghetti w/ Marinara Sauce & Meatless Meatball Scandinavian Veg. Blend IW Tropical Fruit Mix 1% Milk (1)	Vegetarian Fish Tacos WG White Corn Mini Tortillas (4) w/ Fish Sub Mixed Vegetables Vegetarian 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/ Sausage Patty Sub 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)
Chickenless Ranch Pasta Salad Spring Mix Sliced Cucumber & Cherry Tomatoes Italian Dressing IW Peaches	Classic Egg Wrap Heart Healthy Garbanzo Salad w/ Feta Cheese Spring Mix Edamame WG White Flour Tortilla (2) IW Apricot	Chickenless & Corn Pasta Salad Tomato Cucumber Salad Spring Mix Italian Dressing Fresh Apple	Greek Quinoa Chickenless Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WG Flat Bread Hummus Balsamic Vinaigrette Dressing IW Pears	Veggie Burger WG Hamburger Bun w/ Beef Patty Sub Corn, Lima Bean & Tomato Salad Spring Mix Ketchup & Mustard Italian Dressing IW Tropical Fruit Mix
Fish Sub California Vegetable Blend WG White Corn Tortilla (2) Vegetarian Spanish Rice Pico de Gallo Fresh Apple 1% Milk (1)	Cubed Beef Sub w/ Vegetarian Stroganoff Sauce Carrots Egg Noodles IW Pineapple Chunks 1% Milk (1)	Chickenless Tender w/ Salsa Verde Mixed Vegetables Tomato Cilantro Rice WG White Corn Mini Tortillas (4) IW Peaches 1% Milk (1)	Meatless Meatball w/ Vegetarian Pepper Garlic Sauce Broccoli Vegetarian Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)	**Halloween Celebration** Cubed Beef Sub 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.

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