



Hispanic Home Delivered Meals November Menu 2026 – MC2B003, MC2L003, MC2D003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1) Mediterranean Chicken Quinoa Salad Black Beans and Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing IW Peaches Fish Taco w/ Pico de Gallo 5-way Mixed Vegetables WG White Corn mini Tortillas (2) Fresh Orange 1% Milk (1)	3 WG Cheerios LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (1) Turkey Sandwich WW Bread (2) w/ Sliced Turkey & Cheese Tomato Cucumber Salad Spring Mix Balsamic Vinaigrette Mayo IW Apricot Pork Loin w/ Salsa Verde Broccoli and Carrots Spanish rice WG White Corn mini Tortillas (2) Fresh Apple 1% Milk (1)	4 WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Barley Mango Salad w/ Fish Sticks Corn, Lima Bean and Tomato Salad Spring Mix WW Dinner Roll w/ Smart Balance Italian Dressing IW Tropical Fruit Salad Diced Chicken w/ Salsa Ranchera Mixed Vegetables Mexican Rice WG White Corn Tortilla (2) IW Pears 1% Milk (1)	5 WG Pancake (2) w/ SF Syrup & Smart Balance Hard Boiled Egg (1) FF Yogurt Orange Juice & 1% Milk (1) Chef's Salad (Sliced Turkey, Peppers, Corn, Shredded Carrots, Cucumber, Feta Cheese) Spring Mix Homemade Ranch Dressing WW Dinner Roll (2) & Smart Balance Fresh Orange Green Chicken Casserole Carrots Pinto Beans WW Crackers (4pkt) IW Pineapple Tidbits 1% Milk	6 WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1) Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix & Edamame WW Crackers (2pkt) Italian Dressing IW Mandarin Orange Apple Chicken Sausage, Pepper, Zucchini & Cheddar Frittata Baby Baked Potatoes & Cooked Spinach WG English Muffin Sour Cream IW Pears 1% Milk (1)
9 WG Blueberry Muffin FF Yogurt (2) Orange-Pineapple Juice & 1% Milk (1) Tuna salad Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) IW Apple Chicken Red Enchiladas Scandinavian Blend Cilantro Lime Rice Sour Cream IW Peaches 1% Milk (1)	10 WG Oatmeal Pouch WW Bread w/ SF Jelly & Smart Balance LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Chicken Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomatoes Balsamic Vinaigrette IW Mandarin Orange Barbecoa Beef Oregon Bean Medley Mexican Rice Pico de Gallo WG White Corn Mini-Tortillas (4) IW Tropical Fruit Salad 1% Milk (1)	**11** **Veteran's Day Menu** Roast Beef w/ Mushroom Gravy Broccoli and Baby Baked Potatoes WW Dinner Roll Apple Pie Fresh Orange 1% Milk (1)	12 WG Oatmeal Pouch WG Chocolate Granola 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 Baked Fish w/ Salsa Ranchera Black Beans Mexican Rice IW Pineapple Tidbits 1% Milk (1)	13 WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Turkey 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)
16 WG Oatmeal Pouch WG Chocolate Granola LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Vietnamese Chicken Salad Edamame WW Dinner Roll (2) IW Peaches Omelette w/ Apple Chicken Sausage Capri Blend Vegetables Hash Brown WW Bread (1) Fresh Apple 1% Milk (1)	17 WG Cheerios FF Yogurt Orange-Pineapple Juice & 1% Milk (1) Barbecoa Beef Taco Bowl (Beef, Pinto Beans, Corn, Feta Cheese) Spring Mix Brown Rice WG White Corn Mini Tortillas (4) Cilantro Lime Dressing & Sour Cream Fresh Orange Green Chicken Casserole Oriental Vegetable Blend WW Dinner roll & Smart Balance IW Pears 1% Milk (1)	18 WW Bread (2) Hummus FF Yogurt (2) Orange Juice & 1% Milk (1) Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots Mexican Rice IW Apricot 1% Milk (1)	19 WG Pancakes (2) w/ SF Syrup & Smart Balance Hard Boiled Egg (1) FF Yogurt Orange-Pineapple Juice & 1% Milk (1) Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix w/ Homemade Ranch Dressing WW Dinner Roll Fresh Apple Breaded Fish Fiesta Blend Vegetable Blend & Carrots Brown Rice WG White Corn Tortillas (2) Pico De Gallo IW Mandarin Orange 1% Milk (1)	20 WG Waffle w/ Peanut Butter & SF Syrup FF Yogurt (2) Orange Juice & 1% Milk (1) Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Fresh Orange Beef Enchilada Casserole Scandinavian Veg Blend Brown Rice WW Dinner Roll (2) IW Pineapple Tidbits 1% Milk (1)

Voluntary Contribution \$5.25 per day

www.MealsOnWheelsOC.org

TURN OVER



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 WG Pancake w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (1) Signature Chicken Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange Baked Fish W/ Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Mexican Rice IW Tropical Fruit Mix 1% Milk (1)	24 WW Bread (2) w/ SF Jelly & Smart Balance FF Yogurt LF String Cheese Orange-Pineapple Juice & 1% Milk (1) 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 WW Penne Pasta w/ Ground Turkey & Marinara Sauce Parmesan Cheese Italian Vegetable Blend IW Pineapple Tidbits 1% Milk	25 WG Oatmeal Pouch FF Yogurt (2) Orange- Pineapple Juice & 1% Milk (1) Greek Salad w/ Garbanzo Beans & Chicken (onion, celery, tomato, cilantro, parsley, red pepper, basil) Spring Mix WG Flat Bread Hummus Homemade Ranch Dressing IW Pears Salisbury Steak w/ Salsa Ranchera Carrots Spanish Rice IW Mandarin Orange 1% Milk (1)	26 **Thanksgiving Menu** Turkey Pot Roast w/ Mashed Potatoes and Brown Gravy Green Beans and Carrots Hawaiian Roll Pumpkin Pie Fresh Orange 1% Milk (1)	27 **Thanksgiving Menu** Sliced Ham Sweet Potatoes Collard Green Parker House Roll Apricot Sauce Ambrosia 1% Milk (1)
30 WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1) Chicken w/ Green Beans and Tomato Salad Mexican Style Salad WW Dinner Roll IW Pears Pork Carnitas w/ Salsa Tomatillo Homemade Pinto Beans Peas and Carrots WG White Corn Tortillas (2) Fresh Apple 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 (**). Please note condiments are not analyzed and may increase sodium. Special meals are indicated with **, sodium may exceed 2300 mg on these days.

