



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Mini Bagel w/ SF Jelly & Smart Balance LF Yogurt (2) Orange Juice & LF Milk (1) LF Mediterranean Chicken Quinoa Salad Black Beans and Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing IW Peaches Baked Fish w/ LF Creamy Garlic Sauce Brussels Sprouts Orzo Vegetable Pilaf Fresh Orange LF Milk (1)	3 WG Cheerios LF Yogurt (2) Orange-Pineapple Juice & LF Milk (1) Turkey Sandwich WW Bread (2) w/Sliced Turkey Tomato Cucumber Salad Spring Mix Balsamic Vinaigrette Mayo IW Apricot Pork Loin w/ LF Sweet Citrus Glaze Sauce Broccoli and Carrots Brown rice WW Dinner roll Fresh Apple LF Milk (1)	4 WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) Barley Mango Salad w/ Ground Pork Corn, Lima Bean and Tomato Salad Spring Mix Italian Dressing WW Dinner Roll IW Tropical Fruit Salad Diced Chicken w/ Salsa Ranchera Mixed Vegetables LF Mexican Rice IW Pears LF Milk (1)	5 WG English Muffin w/ Turkey Sausage Patty LF Yogurt Orange Juice & LF Milk (1) Chef's Salad (Sliced Turkey , Peppers , Corn, Shredded Carrots, Cucumber, LF Feta Cheese) Spring Mix WW Dinner Roll (2) & Smart Balance LF Homemade Ranch Dressing Fresh Orange Chicken Breast Strips w/ Vietnamese Caramel Sauce Capri Blend Vegetables Jasmine Rice IW Pineapple Tidbits LF Milk (1)	6 WG Oatmeal Pouch WG Chocolate Granola LF Yogurt (2) Orange Juice & LF Milk (1) Chicken Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix & Edamame WW Crackers (2pk) Italian Dressing IW Mandarin Orange Pepper, Zucchini, LF Cheddar Frittata Apple Chicken Sausage Baby Baked Potato and Cooked Spinach IW Pears LF Milk (1)
9 WG Blueberry Muffin LF Yogurt Orange-Pineapple Juice & LF Milk (1) Tuna salad Black Beans & Lentil Salad w/ Cumin Lime Dressing WW Bread (2) Fresh Apple Turkey Pot Roast w/ LF Mushroom Brown Gravy Scandinavian Blend LF Smashed Potatoes WW Crackers (4pkt) IW Peaches LF Milk (1)	10 WG Oatmeal Pouch WW Bread w/ SF Jelly & Smart Balance LF Yogurt Orange Juice & LF Milk (1) Chicken Pasta Salad w/ LF Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomatoes Balsamic Vinaigrette IW Mandarin Orange Barbacoa Beef Oregon Bean Medley LF Mexican Rice Pico de Gallo WG White Corn Mini-Tortillas (4) IW Tropical Fruit Salad LF Milk (1)	**11** **Veteran's Day Menu** Roast Beef w/ LF Mushroom Gravy Broccoli and Baby Baked Potatoes WW Dinner Roll Fresh Orange LF Milk (1)	12 WG Oatmeal Pouch WG Chocolate Granola LF Yogurt Orange Juice & LF Milk (1) Beef Burger WG Hamburger Bun w/ Beef Patty Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles IW Pineapple Tidbits LF Milk (1)	13 WW Bread (2) w/ Peanut Butter & SF Jelly LF Yogurt Orange Juice & LF Milk (1) Turkey Pasta Salad Black Beans & Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing Fresh Apple LF Vegetarian Enchilada Casserole Broccoli & Carrots Brown Rice Fresh Orange LF Milk (1)
16 WG Oatmeal Pouch WG Chocolate Granola LF Yogurt Orange Juice & LF Milk (1) Vietnamese Chicken Salad Mixed Vegetables Edamame WW Dinner Roll (2) IW Peaches Apple Chicken Sausage Capri Blend Vegetables Hash Brown WW Bread (1) Fresh Apple LF Milk (1)	17 WG Cheerios LF Yogurt Orange-Pineapple Juice & LF Milk (1) LF Barbacoa Beef Taco Bowl (Beef, Pinto Beans, Corn, LF Feta Cheese Sub) Spring Mix Brown Rice WG White Corn Mini Tortillas (4) Cilantro Lime Dressing Fresh Orange Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice IW Pears LF Milk (1)	18 WW Bread (2) Hummus LF Yogurt (2) Orange Juice & LF Milk (1) LF Cranberry Basil Chicken Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) IW Tropical Fruit Mix Carne con Chile (Cubed Beef w/ Chili Sauce) Peas & Carrots LF Mexican Rice IW Apricot LF Milk (1)	19 WG Mini Bagel w/ SF Jelly & Smart Balance Hard Boiled Egg (1) LF Yogurt Orange-Pineapple Juice & LF Milk (1) Chef's Salad (Sliced turkey, Peppers, Corn, Shredded Carrots, Cucumber, LF Feta Cheese) Spring Mix WW Dinner Roll (2) LF Homemade Ranch Dressing Fresh Apple WG Tri color Pasta w/ Gound Beef & LF Alfredo Sauce Brussels Sprouts IW Mandarin Orange LF Milk (1)	20 WW Bread w/ Peanut Butter & SF Syrup WG Oatmeal Pouch LF Yogurt (2) Orange Juice & LF Milk (1) LF Greek Quinoa Chicken Salad w/ Balsamic Dressing Spring Mix & Cherry Tomato WW Crackers (4pkt) Balsamic Vinaigrette Dressing Fresh Orange LF Beef Enchilada Casserole Scandinavian Veg Blend Brown Rice WW Dinner Roll (2) IW Pineapple Tidbits LF Milk (1)





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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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
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)	**Thanksgiving Menu** Turkey Pot Roast w/ LF Bown Gravy Green Beans and Carrots LF Mashed Potatoes Hawaiian Roll Peach Crisp LF Milk (1)	**Thanksgiving Menu** Sliced Ham Sweet Potatoes Collard Green Parker House Roll Apricot Sauce Ambrosia 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 (onion, celery, tomato, cilantro, parsley, red pepper, basil) WG Pita Bread Hummus IW Pears		
Baked Fish w/ Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) LF Mexican Rice IW Tropical Fruit Mix LF Milk (1)	WW Penne Pasta w/ Ground Turkey & Marinara Sauce Italian Vegetable Blend IW Pineapple Tidbits LF Milk (1)	Roast Beef w/ LF Mushroom Brown Gravy Carrots LF Mashed Potatoes IW Mandarin Orange LF Milk (1)		
30				
WG Mini Bagel w/ SF Jelly LF Yogurt (2) Orange Juice & LF Milk (1)				
Chicken w/ Green Beans and Tomato Salad LF Mexican Style Salad WW Dinner Roll IW Pears				
Pork Carnitas w/ LF Salsa Tomatillo Homemade Pinto Beans Peas and Carrots WG White Corn Tortillas (2) Fresh Apple LF Milk (1)				

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 saltshaker icon. 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