



Asian Home Delivered Meals November Menu 2026 – MC2B002, MC2L002, MC2D002

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 Baked Fish w/ Creamy Garlic Sauce Brussel Sprouts Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)	3 WG Cheerios FF Yogurt (2) 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/ Sweet Citrus Glaze Sauce Broccoli and Carrots Brown rice WW Dinner Roll Fresh Apple 1% Milk (1)	4 WW Bread (2) w/ SF Jelly & Smart Balance WG Oatmeal Pouch FF Yogurt (2) Orange Juice & 1% Milk (1) Barley Mango Salad w/ Ground Pork Corn, Lima Bean and Tomato Salad Spring Mix WW Dinner Roll w/Smart Balance Italian Dressing IW Tropical Fruit Salad Diced Chicken w/ Curry Pineapple Sauce Mixed Vegetables Pineapple Fried Rice IW Pears 1% Milk (1)	5 WG Pancake (2) w/ SF Syrup & Smart Balance FF Yogurt Orange Juice & 1% Milk (1) Chef's Salad (Sliced Turkey, Peppers, Corn, Carrots, Cucumber, Feta Cheese) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange Chicken Breast Strips w/ Vietnamese Caramel Sauce Capri Blend Vegetables Jasmine Rice IW Pineapple Tidbits 1% Milk (1)	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 (2pk) Italian Dressing IW Mandarin Orange Pork in Five Spice Sauce 5-way Mixed Vegetables Jasmine Rice WW Dinner Roll IW Pears 1% Milk
9 WG Blueberry Muffin FF Yogurt Orange-Pineapple Juice & 1% Milk (1) Tuna salad Black Beans & Lentil Salad w/ Cumin Lime Dressing Spring Mix WW Bread (2) Italian Dressing Fresh Apple Chicken Breast w/ Orange Sauce Stir Fried Bok Choy Brown Rice IW Peaches 1% Milk (1)	10 WG Oatmeal Pouch WW Bread (2) w/ SF Jelly & Smart Balance LF String Cheese FF Yogurt Orange Juice & 1% Milk (1) Chicken Pasta Salad w/ Poppy Seed Dressing Sliced Cucumber & Cherry Tomatoes Spring Mix WW Dinner Roll Balsamic Vinaigrette IW Mandarin Orange Vietnamese Beef Curry Sliced Carrots Jasmine Rice 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 Tiramisu Cup 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 Diced Chicken w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) 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 Cubed Beef w/ Pepper Garlic Sauce Broccoli and Carrot 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 Vegetable Mix 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) Barbacoa 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 Diced Chicken w/ Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice IW Pears 1% Milk (1)	18 WW Bread (2) w/ Peanut Butter & SF Jelly 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 Pork & Tofu in Caramel Sauce Peas & Carrots Brown 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 WW Dinner Roll (2) Homemade Ranch Dressing Fresh Apple Baked Fish w/ Vietnamese Caramel Sauce Stir Fried Gai Lan Brown Rice IW Mandarin Orange 1% Milk (1)	20 WG Waffle w/ Smart Balance & SF Syrup WW Bread 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 Ragout Scandinavian Veg Blend WW Dinner Roll (2) w/ Smart Balance IW Pineapple Tidbits 1% Milk (1)

Voluntary Contribution \$5.25 per day

www.MealsOnWheelsOC.org

TURN OVER





Asian Home Delivered Meals November Menu 2026 – MC2B002, MC2L002, MC2D002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
WG Pancake w/ SF Syrup & Smart Balance Hard Boiled Egg 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 Chicken w/ Rice Noddle and Vegetables Stir Fried Gai Lan WW Dinner Roll w/ Smart Balance IW Tropical FRUIT Salad 1% Milk (1)	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 Vietnamese Beef Curry Italian Vegetable Blend Jasmine Rice IW Pineapple Tidbits 1% Milk (1)	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 Baked Fish w/ Lemongrass Sauce Carrots Rice Pilaf IW Mandarin Orange 1% Milk (1)	**Thanksgiving Menu** Turkey Pot Roast w/ Mashed Potatoes and Brown Gravy Green Beans and Carrots Hawaiian Roll Pumpkin Pie Fresh Orange 1% Milk (1)	**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 Spring Mix WW Dinner Roll (2) IW Pears Shrimp and Pork in Hot Sauce Peas & Carrots Brown Rice 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.

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