



Vegetarian Home Delivered Meals November Menu 2026 – MC2B005, MC2L005, MC2D005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
WG Mini Bagel w/ Cream Cheese FF Yogurt (2) Orange Juice & 1% Milk (1)	WG Cheerios LF String Cheese FF Yogurt Orange-Pineapple Juice & 1% Milk (1)	WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	WG Pancake (2) w/ SF Syrup & Smart Balance Hard Boiled Egg (1) FF Yogurt (2) Orange Juice & 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)
Vegetarian Mediterranean Chickenless Quinoa Salad Black Beans and Corn Salad Spring Mix WW Dinner Roll (2) Italian Dressing IW Peaches	Vegetarian Creamy Pesto Chickenless Salad Tomato Cucumber Salad Spring Mix WW Bread (2) Balsamic Vinaigrette IW Apricot	Barley Mango Salad w/ Ground Beef Sub Corn, Lima, Bean and Tomato Salad Spring Mix WW Dinner Roll Italian Dressing IW Tropical Fruit Salad	Chef's Salad (Chickenless Chunk, Peppers sliced, Corn, Carrots, Cucumber) Spring Mix WW Dinner Roll (2) w/ Smart Balance Homemade Ranch Dressing Fresh Orange	Chickenless Chunk Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Spring Mix & Edamame WW Crackers (2pk) Italian Dressing IW Mandarin Orange
Fish Sub w/ Vegetarian Creamy Garlic Sauce Brussel Sprouts Vegetarian Orzo Vegetable Pilaf Fresh Orange 1% Milk (1)	Meatless Meatball w/ Vegetarian Sweet Citrus Glaza Sauce Broccoli & Carrots Brown Rice WW Dinner Roll Fresh Apple 1% Milk (1)	Chickenless Chunks w/ Salsa Ranchera Mixed Vegetables Vegetarian Mexican Rice IW Pears 1% Milk (1)	Chickenless Tender w/ Vietnamese Caramel Sauce Capri Blend Vegetables Jasmine Rice IW Pineapple Tidbits 1% Milk (1)	Pepper, Zucchini & Cheddar Frittata & Sausage Sub Patty Baby Baked Potatoes and Cooked Spinach WG English Muffin Sour Cream IW Pears 1% Milk (1)
9	10	**11**	12	13
WG Blueberry Muffin FF Yogurt (2) Peanut Butter Orange-Pineapple Juice & 1% Milk (1)	WW Bread w/ SF Jelly & Smart Balance WG Oatmeal Pouch LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)	**Veteran's Day Menu** Cubed Beef Sub w/ Vegetarian Broccoli and Baby Baked Potatoes WW Dinner Roll Tiramisu Cup Mushroom Brown Gravy Fresh Orange 1% Milk (1)	WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange Juice & 1% Milk (1)	WW Bread (2) w/ Peanut Butter & SF Jelly LF String Cheese FF Yogurt Orange Juice & 1% Milk (1)
Vegetarian Provencal Tofu Salad Black Beans & Lentil Salas w/ Cumin Lime Dressing Spring Mix WW Bread Fresh Apple	Vegetarian Chickenless Pasta Salad w/ Poppy Seed Dressing Spring Mix Sliced Cucumber & Cherry Tomatoes Balsamic Vinaigrette IW Mandarin Orange		Vegetarian Hamburger WG Hamburger Bun w/ Beef Patty sub & Slice Cheese Zucchini & Tomato Salad Spring Mix Ketchup & Mustard IW Apricot	Vegetarian Chickenless Ranch Pasta Salad Spring Mix Black Beans and Corn Salad WW Dinner Roll (2) Italia Dressing Fresh Apple
Chickenless Patty w/ Vegetarian Mushroom Brown Gravy Mashed Potatoes Scandinavian Veg Blend WW Crackers (4pkt) IW Peaches 1% Milk (1)	Crumble Beef Sub Oregon Bean Medley Vegetarian Mexican Rice Pico de Gallo WG White Corn Mini-Tortillas (4) IW Tropical Fruit Salad 1% Milk (1)		Chickenless Chunks w/ Huli Huli Pineapple Sauce Oriental Vegetable Blend Pan Fried Egg Noodles WW Crackers (1pk) IW Pineapple Tidbits 1% Milk (1)	Vegetarian Enchilada Casserole Broccoli & Carrots Brown Rice Fresh Orange 1% Milk (1)
16	17	18	19	20
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 Hard Boiled Egg (1) FF Yogurt Orange-Pineapple Juice & 1% Milk (1)	WG Waffle w/ SF Syrup & Smart Balance FF Yogurt (2) Orange Juice & 1% Milk (1)
Vegetarian Vietnamese Chickenless Salad Edamame WW Dinner Roll (2) IW Peaches	Crumbled Beef Sub Taco Bowl (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 Cranberry Basil Chickenless Salad Asian Cucumber Salad Spring Mix WW Dinner Roll (2) w/ Smart Balance IW Tropical Fruit Mix	Chef's Salad (Chickenless Chunk, Peppers Sliced, Corn, Carrots, Cucumber & Feta Cheese) Spring Mix WW Dinner Roll (2) Homemade Ranch Dressing Fresh Apple	Vegetarian Greek Quinoa Chickenless Salad w/ Balsamic Vinaigrette Dressing Spring Mix & Cherry Tomato WW Crackers (4pk) Fresh Orange
Omelette w/ Sausage Sub Patty Capri Blend Vegetables Hash Brown WW Bread (1) Fresh Apple 1% Milk (1)	Chickenless Chunk w/ Vegetarian Kung Pao Sauce Oriental Vegetable Blend Jasmine Rice IW Pears 1% Milk (1)	Carne Sub con Chile (Cubed Beef Sub w/ Chili Sauce) Peas & Carrots Vegetarian Mexican Rice IW Apricot 1% Milk (1)	WG Tri color Pasta w/ Crumble Beef Sub & Alfredo Sauce Brussels Sprouts IW Mandarin Orange 1% Milk (1)	Fish Sub w/ Tartar Sauce Scandinavian Veg Blend Brown Rice WW Dinner Roll (2) IW Pineapple Tidbits 1% Milk (1)

Voluntary Contribution \$5.25 per day

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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) Vegetarian Signature Chickenless Salad Sliced Cucumber & Cherry Tomato Spring Mix WW Bread (2) Balsamic Vinaigrette Dressing IW Mandarin Orange Fish Sub w/ Salsa Ranchera Black Beans WG White Corn Mini Tortillas (2) Vegetarian 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 Vegetarian Cilantro Lime Rice WG White Corn Mini Tortillas (2) Pico de Gallo Fresh Orange WW Penne Pasta w/ Ground Beef Sub & Marinara Sauce Parmesan Cheese Italian Vegetable Blend IW Pineapple Tidbits 1% Milk	25 WG Oatmeal Pouch WG Chocolate Granola FF Yogurt (2) Orange- Pineapple Juice & 1% Milk (1) Vegetarian Greek Salad w/ Garbanzo Beans & Chickenless (onion, celery, tomato, cilantro, parsley, red pepper, basil) WG Flat Bread Hummus IW Pears Cubed Beef Sub w/ Vegetarian Country Mushroom Brown Gravy Carrots Mashed Potatoes IW Mandarin Orange 1% Milk (1)	26 **Thanksgiving Menu** Chickenless tender w/ Mashed Potatoes and vegetarian Country Mushroom Gravy Green Beans and Carrots Hawaiian Roll Pumpkin Pie Fresh Orange 1% Milk (1)	27 **Thanksgiving Menu** Meatless Ball 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) Chickenless w/ Vegetarian Green Beans and Tomato Salad Mexican Style Salad WW Dinner Roll IW Pears Chickenless Tender 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 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.

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