



Alignment Healthcare





2018 November Home Delivered Meals Menu

FAIRHAVEN

MEMORIAL SERVICES · MISSION VIEJO
MEMORIAL PARK & MORTUARY · SANTA ANA

Dignity Memorial® Providers

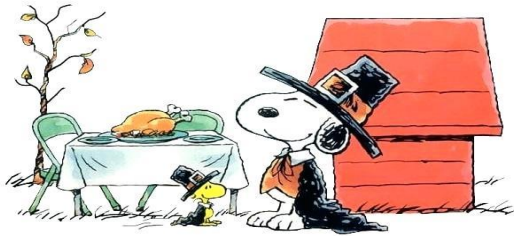
FD 1912 · FD 1313 / COA 659

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Oatmeal, 1% Milk, Orange-Pineapple Juice, Whole Wheat <u>Bread. Peanut Butter. Jelly</u> Turkey and Cheese Sandwich, Three Bean Salad, Whole Wheat Bread, Mandarin Orange, <u>Mayonnaise</u> Swedish Meatballs with Gravy, Quinoa Pilaf, Broccoli Florets, Apple Crisp, Diet Apple Crisp	Bran Muffin (Mini), 1% Milk, <u>Peaches, Low Fat Yogurt, Promise</u> Thai Chicken Salad with Dressing, WW Dinner Roll, <u>Fruit Mix, Promise</u> Beef Fajita, Pinto Beans, Fajita Vegetables, Tortilla, Pineapple Chunks
5	6	7	8	9
Oatmeal, 1% Milk, Orange Juice, <u>Low Fat Yogurt</u> Tuna Sandwich, Beets and Orange Salad, Whole Wheat <u>Bread. Apple Sauce</u> Roast Turkey with Turkey Gravy, Mashed Potatoes, Carrots, Fresh Fruit	Hardboiled Egg, 1% Milk, Orange - Pineapple Juice, Whole Wheat <u>Bread. Promise. Jelly</u> Grilled Chicken Breast Sandwich, Cucumber Salad, Whole Wheat Bread, Pudding, Diet; Diet Pudding <u>Mayonnaise</u> Macaroni and Cheese, Stewed Tomatoes, Broccoli, Mandarin Orange.	Mini Bagel, 1% Milk, Orange Juice, String Cheese, Cream <u>Cheese</u> Veggie Egg Salad, Carrot Raisin Salad, Whole Wheat Bread, Pineapple Chunks, <u>Promise</u> Baked Meatloaf with Gravy, Mashed Potatoes, Spinach, Chocolate Chip Cookie, Diet Chocolate Chip Cookie	Bran Flakes, 1% Milk, Orange <u>Pineapple Juice. Low Fat Yogurt</u> Ham & Swiss Cheese Sandwich, Zucchini and Tomato Salad, Rye Bread, Tropical Fruit Mix, <u>Mayonnaise</u> Chicken Marsala on Pasta, California Vegetables, Ambrosia	Cottage Cheese, 1% Milk, Fruit Cocktail, Whole Wheat Bread, <u>Promise</u> Chicken Salad, California Salad, <u>WW Dinner Roll. Fresh Fruit</u> Mrs. Friday's Fish, Sweet Potatoes, Scandinavian Veg. Blend, Whole Wheat Bread, Fruited Gelatin, Diet Fruited Gelatin
**12	**13	14	15	**16
Closed for Veterans Day 	Veterans Day Dinner Mini Bagel, 1% Milk, Orange-Pineapple Juice, Low Fat Yogurt, <u>Cream Cheese</u> Imitation Crab Salad, Tomato and Red Onion Salad, Whole Wheat Dinner Roll, Diced Peaches, <u>Promise</u> Roast Beef, Baked Potatoes, Mixed Vegetables, Fresh Fruit	Hardboiled Egg, 1% Milk, Orange <u>Juice. WW Bread. Promise. Jelly</u> Mediterranean Tuna Salad, Carrot Raisin Salad, WW Dinner Roll, <u>Mandarin Orange. Promise</u> Salisbury Steak with Mushroom Gravy, Mashed Potatoes, Brussel Sprouts, WW Dinner Roll, Diet Apple Crisp, Promise	Multigrain Cheerios, 1% Milk, Orange-Pineapple Juice, <u>Low Fat Yogurt</u> Chicken Salad, Broccoli and Pepper Salad, Whole Wheat Bread, <u>Pudding. Diet Pudding. Promise</u> Mexican Fiesta Casserole, Spanish Rice, Gardener's Veg. Blend, Fruit Cocktail	Thanksgiving Dinner Cottage Cheese, 1% Milk, Fruit Mix, Whole Wheat Bread, <u>Peanut Butter & SF Jelly</u> Butternut Squash Pasta & Beef Strips, Mini Muffin, <u>Custard. Diet Custard</u> Roast Turkey & Gravy, Cornbread Stuffing, Green Beans/ Almonds, Pumpkin Pie, Cranberry sauce

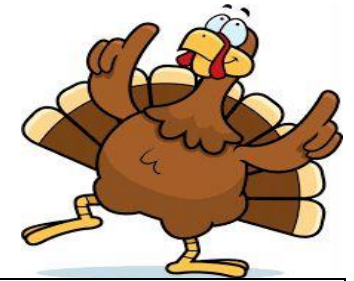
Suggested Donation is \$5.25 per day.


TURN OVER






November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
19	20	**21	22	23
Oatmeal, 1% Milk, Orange-Pineapple, <u>Low Fat Yogurt</u> Baked Meatloaf, Coleslaw, Whole Wheat Hamburger Bun, <u>Apples, Mayonnaise, Mustard</u> Beef Stew with Stew Vegetables, Carrots, Broccoli, Cornbread, Ambrosia, Promise	Mini Bagel, 1% Milk, Orange Juice, Cream Cheese, <u>Diet Jelly</u> Turkey Sandwich, Cherry Tomatoes, WW Bread, Fruited Gelatin, Ranch <u>Dressing</u> Meatballs with Marinara Sauce, Linguine Pasta, Italian Vegetables, Breadsticks, Diet Cake, Promise	Holiday Dinner Multigrain Cheerios, Hardboiled Egg, 1% Milk, <u>Orange-Pineapple Juice</u> Mediterranean Tuna Salad, Orange and Beet Salad, WW Crackers (2pk), <u>Diet Pudding</u> Bacon & Mushroom Quiche, Redskin Potatoes, Whole Baby Carrots, Holiday Ambrosia		
26	27	28	29	30
Hardboiled Egg, 1% Milk, Orange <u>Juice, Low Fat Yogurt</u> Ham & Swiss Cheese Sandwich, Cherry Tomatoes, Whole Wheat <u>Bread, Fruit cup, Mayonnaise</u> Kung Pao Chicken, Jasmine Rice, Oriental Veg. Blend, Canned Pears	Cottage Cheese, 1% Milk, Canned Peaches, Whole Wheat <u>Bread, Promise & Diet Jelly</u> Roast Turkey Sandwich with Spinach, Tri-color Pasta Salad, WW Dinner Roll, <u>Pineapple Chunks</u> Stuffed Salmon Boat with Pesto Sauce, Orzo with Vegetables Broccoli, Diet Fruit Crisp.	Multigrain Cheerios, 1% Milk, Whole Wheat Bread, String <u>Cheese, Peanut Butter, Diet Jelly</u> Crab and Pasta Salad, Beets and Orange Salad, Whole Wheat Bread, <u>Fresh Fruit, Promise</u> Salisbury Steak with Gravy, Mashed Sweet Potatoes, Spinach, Whole Wheat Dinner Roll, Ambrosia, Promise	Mini Bagel, 1% Milk, Orange-Pineapple Juice, Low Fat Yogurt, <u>Cream Cheese, Diet Jelly</u> Hamburger, Corn, Zucchini & Tomatoes Salad, WW Bun, Banana Pudding, Diet Banana Pudding, Promise, <u>Mayo & Mustard</u> Chicken Marsala with Marsala Sauce, Pasta, Italian Vegetable Blend, Breadstick, Mandarin Orange, Promise	Low Fat Yogurt, 1% Milk, <u>Tropical Fruit, Oatmeal</u> Chicken Salad, Carrot Raisin Salad, Whole Wheat Bread, <u>Diet Cake, Promise</u> Meatballs with Sweet and Sour Sauce, Brown Rice, California Veg. Blend, Fruited Gelatin, Promise

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) 2015 & 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 suggested donation is \$5.25 per day. Weekly average meals provide >1600 calories. Sodium is analyzed on a daily basis to not exceed 2300mg. Any meals that exceed 2300mg of sodium is indicated with a salt shaker icon . Special meals are indicated with an *, sodium may exceed 2300 mg sodium. Please note condiments are not analyzed and may increase sodium.