



Alignment Healthcare



2018 December 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
3	4	5	6	7
Hardboiled Egg, 1% Milk, Orange Juice, Whole Wheat Bread, String Cheese, <u>Peanut Butter, JSF Jelly</u> Beef Bean Burrito, Zucchini Salad, <u>Ambrosia, Promise</u> Roast Turkey with Gravy, Mashed Potatoes, Broccoli, Peaches, Cranberry Sauce/Promise	Oatmeal, 1% Milk, Orange-Pineapple, <u>Low Fat Yogurt, Raisins</u> Chicken Quinoa Salad, Tomato & Onion Salad, Wheat Crackers, Fruit <u>Cocktails</u> Braised Beef with Peppers and Onions, Brown Rice, Mixed Vegetables, Whole Wheat Dinner, Mandarin Orange, Promise	Bagel, 1% Milk, Orange Juice, <u>Low Fat Yogurt, Cream Cheese</u> Tuna Pasta on a bed of Spinach, Carrot Raisin Salad, <u>Apple</u> Salisbury Steak/ Mushroom Gravy, Baby Baker Potatoes, Green Beans, WW Dinner Roll, Pudding, Diet Pudding, Promise	Peanut Butter, 1% Milk, Orange - Pineapple Juice, Whole Wheat Bread, <u>Low Fat Yogurt, Jelly</u> Double Salad (Cottage Cheese, Egg Salad), Vegetable Medley, Whole Wheat Dinner Roll, Canned <u>Pineapple, Promise</u> Baked Ziti, Carrots, Italian blend Vegetables, Breadstick, Diet Crisp, Promise	Bran Flakes, 1% Milk, Yogurt <u>Parfait- Canned Peaches</u> Baked Chicken Drumsticks, Corn, Lima Beans and Tomato Salad <u>WW, Dinner Roll, Pears, Promise</u> Chile con Carne, California Blend Vegetables, Spinach, Corn Bread, Diet Fruited Gelatin, Promise
10	11	12	13	**14
Mini Bagel, 1% Milk, Orange Juice, <u>Cream Cheese</u> Greek Salad with Garbanzo and Feta Cheese, Cherry Tomatoes, WW Dinner Roll, Sliced Apples, <u>Mayo, Mustard</u> Herb Roast Pork With Gravy, Sweet Potatoes Mash, Spinach, pudding, Diet Chocolate Pudding	Multigrain Cheerios, 1% Milk, <u>Orange-Pineapple, Hard Boiled Egg</u> Meatloaf Sandwich, Coleslaw, Cherry Tomatoes, WW Hamburger Bun, Fruited Gelatin, <u>Mayo, Mustard</u> Mrs. Friday's Fish, Baby Red Potatoes, Capri Vegetables Blend, WW Bread, Ambrosia, Promise	Cottage Cheese, 1% Milk, Fruit <u>Cocktail</u> Bean Burrito, Cucumber Salad, <u>Pie, Diet Pie, Orange Juice</u> Chicken with Curry Sauce, Brown Rice, Oriental Vegetable Blend, WW Dinner Roll, Tropical Fruit Mix	Oatmeal, 1% Milk, Orange-Pineapple Juice, Whole Wheat Bread, <u>Peanut Butter, Jelly</u> Turkey and Cheese Sandwich, Three Bean Salad, Whole Wheat Bread, Mandarin Orange, <u>Mayonnaise</u> Swedish Meatballs with Gravy, Quinoa Rice, Broccoli Florets, Apple Crisp, Diet Apple Crisp	Holiday Celebration Bran Muffin(Mini), 1% Milk, <u>Peaches, Low Fat Yogurt, Promise</u> Thai Chicken Salad with Dressing, WW Dinner Roll, <u>Canned Apricot, Promise</u> Chicken Cordon Blue, Mashed Potatoes, Chef Cut Vegetables, Parker House Roll, Strawberry Cheese Cake, Diet Mandarin Orange
17	18	19	20	21
Oatmeal, 1% Milk, Orange Juice, <u>Low Fat Yogurt</u> Tuna Sandwich, Beets and Orange Salad, Whole Wheat Bread, <u>Canned Apricots.</u> Roast Turkey with Turkey Gravy, Mashed Potatoes, Carrots, Fresh Fruit	Hardboiled Egg , 1% Milk, Orange - Pineapple Juice, Whole Wheat Bread, <u>Promise & Jelly</u> Grilled Chicken Breast Sandwich, Cucumber Salad, Whole Wheat Bread, Pudding, Diet Pudding, <u>Mayonnaise</u> Macaroni and Cheese, Stewed Tomatoes, Broccoli, Mandarin Orange	Mini Bagel, 1% Milk, Orange Juice, String Cheese, <u>Cream Cheese</u> Veggie Egg Salad, Carrot and Raisin Salad, Whole Wheat Bread, <u>Canned Pineapple, Promise</u> Baked Meatloaf With Gravy, Redskin Potatoes, Spinach, Chocolate Chip Cookie, Diet <u>Chocolate Chip Cookie</u>	Bran Flakes, 1% Milk, Orange <u>Pineapple Juice. Low Fat Yogurt</u> Ham and Swiss Cheese Sandwich, Zucchini and Tomato Salad, Rye Bread, Tropical <u>Fruit Mix, Mayonnaise</u> Chicken Marsala on Pasta, California Vegetable, Ambrosia	Cottage Cheese, 1% Milk, Fruit Cocktail, Whole Wheat Bread, <u>Promise</u> Chicken Salad, California Salad, WW Dinner Roll, <u>Fresh Fruit</u> Mrs. Friday's Fish, Sweet Potatoes, Scandinavian Vegetable Blend, Whole Wheat Bread, Fruited Gelatin, Diet Fruited Gelatin

Suggested Donation is \$5.25 per day.


TURN OVER





December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
**24	**25	26	27	**28
Closed	Closed	<p>Hardboiled Egg, 1% Milk, Orange Juice, Whole Wheat Bread, <u>Promise & SF Jelly</u></p> <p>Mediterranean Tuna Salad on a bed of Spinach, Carrot and Raisin Salad, Whole Wheat Dinner Roll, <u>Mandarin Orange, Promise</u></p> <p>Salisbury Steak With Mushroom Gravy, Mashed Potatoes, Brussel Sprouts, Whole Wheat Dinner Roll, Apple Crisp, Diet Apple Crisp, Promise</p>	<p>Multigrain Cheerios, 1% Milk, Orange- Pineapple Juice, Low Fat <u>Yogurt</u></p> <p>Chicken Salad, Broccoli and Pepper Salad, Whole Wheat Bread, Pudding, Diet: Diet <u>Pudding, Promise</u></p> <p>Mexican Fiesta Casserole, Spanish Rice Gardener's Vegetable Blend, Fruit Cocktail</p>	<p><i>New Year's Celebration</i></p> <p>Cottage Cheese, 1% Milk, Canned Apricots, Whole Wheat Bread, <u>Peanut Butter, SF Jelly</u></p> <p>Butternut Squash Pasta With Feta Cheese, Beef Strips, Mini <u>Muffin, Custard, Diet Custard</u></p> <p>Vegetable Quiche (Zucchini, Mushrooms & Tomatoes), Redskin Potatoes, Small Croissant, Pineapple Chunks</p>
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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 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.