





Alignment Healthcare



FAIRHAVEN

MEMORIAL SERVICES · MISSION VIEJO
MEMORIAL PARK & MORTUARY · SANTA ANA
Dignity Memorial® Providers
FD 1912 · FD 1313 / COA 659

2019 January Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HAPPY NEW YEAR				
1	2	3	4	5
		Hardboiled Eggs (1) Milk (2), WW Bread (1) <u>Peanut Butter & Jelly (1 Each)</u> Chicken Salad Sandwich Broccoli & Bean Salad WW Dinner Roll <u>Diced Pears</u> Beef Bolognese Sauce Penne Pasta Italian Blend Vegetables Breadsticks Diet Apple Fruit Crisp	Multigrain Cheerios Milk (2) <u>Orange Juice & LF Yogurt</u> Roasted Turkey Sandwich Carrot Raisin Salad WW Bread (2) / Mayonnaise <u>Tropical Fruit Mix</u> Pork Tenderloin w/ Apricot Sauce Baby Baker Potatoes Broccoli Cuts WW Dinner Roll Diet Cake	Mini Bagel & Cream Cheese Milk (2) <u>String Cheese</u> Mediterranean Tuna Salad Lemon & Tomato Pasta Salad WW Dinner Roll <u>Amborsia</u> Mrs. Friday Fish Sweet Potatoes Winter Blend Vegetables WW Dinner Roll Apricots
7	8	9	10	11
LF Yogurt & Fruit Cocktail Milk (2) <u>WW Roll & Promise</u> Sliced Beef, Barley & Mango Salad Carrot Raisin Salad WW Crackers (2) <u>Diet Apple Crisp</u> Baked Meatloaf & Mushroom Gravy Baby Bakers Potatoes Spinach WW Dinner Roll & Promise Diced Peaches	Mini Bagel & Cream Cheese Milk (2) <u>LF Yogurt & Orange Pineapple Juice</u> Chicken Drumstick (1) Broccoli Slaw WW Dinner Roll & Promise <u>Apricots</u> Turkey Pot Roast & Gravy Mashed Sweet Potatoes California Blend Vegetables WW Dinner Roll & Promise Diet Cake	Hardboiled Egg Milk (2) & Orange Juice (1) <u>WW Bread & Peanut Butter</u> Thai Chicken Salad w/ Thai Dressing Confetti Rice Salad WW Dinner Roll & Promise Chocolate Pudding <u>Diet: Chocolate Pudding</u> Sweet and Sour Pollack Brown Rice & Broccoli Cuts WW Dinner Roll & Promise Tropical Fruit Mix	Multigrain Cheerios Milk (2) <u>Orange Pineapple Juice & LF Yogurt</u> Sliced Turkey Sandwich on WW Bread Chopped Veg & Couscous Salad Pineapple Chunks <u>Mayonnaise</u> Swedish Meatballs / Swedish Sauce Egg Noodles & Diced Carrots SF Fruited Gelatin	Cottage Cheese & Mandarin Oranges Milk (2) WW Bread (1) & Promise <u>String Cheese</u> Crab Salad Bow Tie & Tomato Salad WW Dinner Roll & Promise <u>Ambrosia</u> Chipotle Grilled Chicken Pinto Beans Spanish Rice SF Custard
14	15	16	17	18
Mini Bagel & Cream Cheese Milk (2) & LF Yogurt (1) Quinoa Salad w/ Chicken Strips Tomato & Zucchini Salad WW Dinner Roll & Promise <u>50/50 Whip</u> Pasta w/ Butternut Squash & Feta Cheese Broccoli & Carrots WW Dinner Roll & Promise SF Peach Crisp	Oatmeal & Raisins Milk (2) & LF Yogurt (1) Mexican Chicken Bowl w/ Chicken Strips, Rice, Beans & Corn Cilantro Lime Dressing Baked Chips <u>Reduced Calorie Egg Custard</u> Baked Pollack w/ Pesto Sauce Orzo w/ Vegetables Spinach Tropical Fruit Mix	Cottage Cheese & Tropical Fruit Milk (2) & LF Yogurt (1) Hamburger on WW Bun Tomato & Red Onion Salad <u>SF Cookie</u> Spinach & Mushroom Quiche Sweet Potatoes Broccoli Cuts WW Dinner Roll & Promise Pineapple Chunks	Multigrain Cheerios Milk (2) & LF Yogurt (1) Greek Salad w/ Chicken Stips & Garbanzo Beans Broccoli & Pepper Salad WW Dinner Roll & Promise <u>Mandarin Orange</u> Pork Tenderloin w/ Caramel Sauce Fried Brown Rice Asian Vegetable Blend Assorted Pudding & Diet Pudding	Hardboiled Egg (1) Milk (2) & Orange Pineapple Juice (1) <u>WW Bread & Peanut Butter</u> Tuna & Pasta Salad Carrot Raisin Salad WW Dinner Roll & Promise Butterscotch Pudding <u>Diet: Diet Butterscotch Pudding</u> Salisbury Steak & Mushroom Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll & Promise Diced Peaches


Suggested Donation is \$5.25 per day.

TURN OVER 



January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21**** MLK DAY Bran Flakes Milk (2) & Orange Juice (1) <u>LF Yogurt</u> Turkey Sandwich on WW Bread (2) Carrot Raisin Salad <u>Angel Food Cake</u> Mc Rib Pork Sandwich BBQ Sauce Boston Baked Beans Collard Greens WW Bun IW Apple Pie Diet: Fresh Fruit</p>	<p>22 Bagel & Cream Cheese Milk (2) <u>Orange Pineapple Juice</u> Beef and Bean Burrito, Mexican Corn, Zucchini & Tomato Salad <u>Apricots</u> Meatloaf & Brown Gravy Sweet Mashed Potatoes Italian Vegetable Blend WW Dinner Roll & Promise SF Fruited Gelatin</p>	<p>23 Oatmeal & LF Yogurt <u>Milk (2)</u> Grilled Chicken Breast Chopped Vegetable & Couscous Salad Cherry Tomatoes (5) WW Dinner Roll & Promise <u>Diet Apple Crisp</u> Pork Chile Verde Spanish Rice & Pinto Beans Flour Tortilla (1) Diced Peaches</p>	<p>24 Mini Bran Muffin & Yogurt <u>Milk (2)</u> Chicken Fiesta Salad Orange and Beet Salad WW Bread & Promise <u>Diced Pears</u> Macaroni & Cheese Stewed Tomatoes Mixed Vegetables WW Dinner Roll & Promise Ambrosia</p>	<p>25 Hardboiled Egg Milk (2) & Orange Juice (1) WW Bread (1) W/ Peanut Butter & <u>Jelly</u> Mediterranean Tuna Salad Broccoli Slaw <u>WW Bread & Promise</u> Coconut Curry Chicken w/ Peas & Potatoes Brown Rice California Vegetable Blend WW Dinner Roll & Promise Banana Pudding Diet: Vanilla Pudding</p>
<p>28 Oatmeal & LF Yogurt Milk (2) <u>Orange Pineapple Juice</u> Chicken Quinoa Salad Carrot Raisin Salad WW Dinner Roll & Promise <u>Tropical Fruit Mix</u> Beef Stroganoff Egg Noodles Peas & Carrots WW Dinner Roll & Promise SF Cake</p>	<p>29 Multigrain Cheerios Milk (2) <u>LF Yogurt</u> Ham & Swiss on WW Bread Cucumber with Black-eyed Peas <u>Mandarin Oranges</u> Roasted Turkey w/ Gravy Mashed Potatoes Carrot Coins WW Dinner Roll & Promise Cranberry Sauce Chocolate Pudding Diet: SF Chocolate Pudding</p>	<p>30 Cottage Cheese & Tropical Fruit Mix Milk (2) <u>WW Bread & Peanut Butter</u> Crab & Pasta Salad California Salad WW Dinner Roll & Promise <u>Apple</u> Chicken Fajitas Spanish Rice & Beans Flour Tortilla (1) Reduced Sugar Egg Custard</p>	<p>31 Mini Bagel & Cream Cheese Milk (2) LF Yogurt <u>Orange Pineapple Juice</u> Sliced Beef, Barley & Mango Salad Tomato & Onion Salad WW Dinner Roll & Promise <u>SF Lemon Cookie</u> Baked Ziti Italian Blend Vegetables Broccoli Cuts Breadstick Ambrosia</p>	

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.