



Alignment Healthcare



2019 February 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 Hardboiled Egg, Milk (2) WW Bread (1) & Promise <u>Low Fat Yogurt</u> Mexican Chicken Bowl (Chicken Strips, rice, beans, & corn) Broccoli & Pepper Salad Baked Chips <u>Apricots</u> Pork Tenderloin w/Asian Sauce Brown Fried Rice Oriental Vegetable Blend Butterscotch Pudding Diet: Butterscotch Pudding
4	**5** Lunar Year	6	7	8
Mini Bran Muffin, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Tuna Pasta Salad on Spinach Carrot Raisin Salad WW Dinner Roll w/Promise <u>Mandarin Oranges</u> Orange Glazed Chicken w/Orange Sauce Brown Rice Broccoli WW Dinner Roll w/Promise SF Egg Custard	Cottage Cheese, Milk (2) Low Fat Yogurt <u>Tropical Fruit Mix</u> Veggie Egg Salad Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Promise <u>Apple</u> Pork Loin w/Sweet & Sour Sauce Brown Rice Green Beans Almond Cookie Fortune Cookie	Oatmeal, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Turkey Salad Vegetable & Couscous Salad WG Bread (1) <u>Ambrosia</u> Pasta Primavera w/Romeso Broccoli Carrot Coins Breadstick (1) SF Fruit Crisp	Mini Bagel w/Cream Cheese, Milk (2) Orange Pineapple Juice <u>Low Fat Yogurt</u> Beef Tamale Tomato & Zucchini Salad Tropical Fruit Mix <u>Salsa (1 pkg)</u> Chicken w/Florentine Sauce Bow-Tie Pasta Italian Vegetable Blend WW Dinner Roll w/Promise SF Cookies	Hardboiled Egg, Milk (2) Orange Juice <u>String Cheese</u> Chicken Breast Sandwich on WW Bun Beets & Orange Salad Mayonnaise <u>Pudding/Diet Pudding</u> Baked Meatloaf w/Mushroom Gravy Sweet Potatoes Spinach Fresh Orange
11	12	13	**14** Valentine's Day	15
Oatmeal & Raisins, Milk (2) <u>Low Fat Yogurt</u> Ham & Swiss Cheese Sandwich on WW Bread (2) Mayonnaise Tomato & Onion Salad <u>Pineapple Chunks</u> Grilled Chicken w/Lemongrass Sauce Rice Carrot Coins WW Bread w/Promise Mandarin Oranges	Hardboiled Egg, Milk (2) WW Bread (1) <u>Peanut Butter & SF Jelly</u> Chicken Salad Broccoli & White Bean Salad WW Dinner Roll <u>Diced Pears</u> Beef Bolognese on Penne Pasta Italian Vegetable Blend Breadstick Diet Fruit Crisp	Cottage Cheese, Milk (2) WW Bread w/Promise <u>Peaches</u> Veggie Egg Salad Quinoa Salad <u>Pudding/Diet Pudding</u> Chicken Enchilada Casserole Spanish Rice Mixed Vegetables Ambrosia	Multigrain Cheerios, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Turkey Sandwich on WW Bread (2) Mayonnaise Carrot Raisin Salad <u>Tropical Fruit Mix</u> Stuffed Cabbage Mashed Potatoes Chef Blend Vegetables WW Dinner Roll Chocolate Cake/Diet Cake	Mini Bagel w/Cream Cheese, Milk (2) <u>String Cheese</u> Mediterranean Tuna Salad on Spinach Lemon & Tomato Pasta Salad WW Dinner Roll <u>Ambrosia</u> Mrs. Friday's Fish Sweet Potatoes Winter Vegetable Blend WW Dinner Roll Apricots


Suggested Donation is \$5.25 per day.

TURN OVER 



February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 President's Day	**19** President's Day Celebration	20	21	22
	Cottage Cheese, Milk (2) WW Bread w/Promise String Cheese <u>Mandarin Oranges</u> Crab Salad w/Spinach Bow-Tie & Tomato Salad WW Dinner Roll <u>Ambrosia</u> Roast Beef w/Mushroom Gravy Baked Potato w/Sour Cream Chef's Cut Vegetables WW Dinner Roll w/Promise Apple Pie/Diet Pie	Hardboiled Egg, Milk (2) Orange Juice <u>WW Bread w/Peanut Butter</u> Thai Chicken Salad w/Dressing Confetti Rice Salad WW Dinner Roll <u>Chocolate Pudding/Diet Pudding</u> Baked Pollock Fish w/Sweet & Sour Sauce Brown Rice Broccoli WW Dinner Roll Tropical Fruit Mix	Low Fat Yogurt, Milk (2) Fruit Cocktail <u>WW Roll w/Promise</u> Beef, Barley & Mango Salad Carrot Raisin Salad WW Crackers (2) <u>SF Apple Crisp</u> Baked Meatloaf w/Mushroom Gravy Baby Baker Potatoes Spinach WW Dinner Roll w/Promise Peaches	Mini Bagel w/Cream Cheese, Milk (2) Orange Pineapple Juice <u>Low Fat Yogurt</u>  Chicken Drumsticks Broccoli Slaw WW Dinner Roll <u>Apricots</u> Turkey Pot Roast w/Brown Gravy Mashed Sweet Potatoes California Vegetable Blend WW Dinner Roll w/Promise Diet Cake
25	26	27	28	
Mini Bagel w/Cream Cheese, Milk (2) <u>Low Fat Yogurt</u> Quinoa Salad w/ Chicken Strips Tomato & Zucchini Salad WW Dinner Roll w/Promise <u>50/50 Whip</u> Butternut Squash Pasta w/Feta Cheese Broccoli & Carrots WW Dinner Roll w/Promise SF Peach Crisp	Oatmeal & Raisins, Milk (2) <u>Low Fat Yogurt</u> Mexican Chicken Bowl (Chicken Strips, Rice, Beans, Corn, & Cilantro Lime Dressing) Baked Chips <u>SF Egg Custard</u> Baked Fish Pollack w/ Pesto Sauce Orzo w/ Vegetables Spinach Tropical Fruit Mix	Hardboiled Egg, Milk (2) Orange Pineapple Juice <u>WW Bread w/Peanut Butter</u> Tuna & Pasta Salad on Spinach Carrot Raisin Salad WW Dinner Roll w/Promise <u>Butterscotch Pudding/Diet Pudding</u> Salisbury Steak w/Brown Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll Peaches	Multigrain Cheerios, Milk (2) <u>Low Fat Yogurt</u> Greek Salad w/ Chicken Strips & Garbanzo Beans Broccoli & Pepper Salad WW Dinner Roll w/Promise <u>Mandarin Oranges</u> Pork Tenderloin w/ Caramel Sauce Fried Brown Rice Asian Vegetable Blend Assorted Pudding/Diet Pudding	

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.