






Alignment Healthcare



2019 March Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cottage Cheese, Milk (2) Tropical Fruit Mix <u>Low Fat Yogurt</u> Mini Hamburgers Tomato & Red Onion Salad Mayonnaise Packet <u>SF Cookies</u> Spinach & Mushroom Quiche Sweet Potatoes Broccoli WW Dinner Roll Canned Pineapple Chunks
4 Oatmeal, Milk (2) <u>Low Fat Yogurt</u> Grilled Chicken Breast Chopped Veggies w/Couscous Cherry Tomatoes (5) WW Dinner Roll <u>Diet Apple Crisp</u> Shredded Pork w/Chile Verde Sauce Spanish Rice Pinto Beans Flour Tortilla (1) Canned Peaches	5 Hardboiled Egg, Milk (2) Orange Juice, WW Bread <u>Peanut Butter & SF Jelly</u> Mediterranean Tuna Salad on Spinach Broccoli Slaw Salad WW Bread <u>Tropical Fruit Mix</u> Chicken w/Peas & Potatoes in Coconut Curry Sauce Brown Rice California Vegetable Blend WW Dinner Roll (Diet) Banana Pudding	6 Mini Bran Muffin, Milk (2) <u>Low Fat Yogurt</u> Chicken Fiesta Salad Orange & Beets Salad WW Bread w/Promise <u>Canned Pears</u> Macaroni & Cheese Stewed Tomatoes Mixed Vegetables WW Dinner Roll Ambrosia	7 Mini Bagel w/Cream Cheese, Milk (2) <u>Orange Pineapple Juice</u> Beef & Bean Burrito Mexican Corn, Zucchini & Tomato Salad <u>Canned Apricots</u> Baked Meatloaf w/Brown Gravy Sweet Mashed Potatoes Italian Vegetable Blend WW Dinner Roll Fruited Gelatin	8 Bran Flakes, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Turkey Sandwich on WW Bread (2) Mayonnaise Carrot Raisin Salad <u>Angel Food Cake</u> Mrs. Friday's Fish Red Potatoes Broccoli WW Dinner Roll Pineapple Chunks
11 Multigrain Cheerios, Milk (2) <u>Low Fat Yogurt</u> Ham & Swiss Cheese Sandwich on WW Bread (2) Mayonnaise Cherry Tomatoes (5) Cucumber & Black-eyed Peas Salad <u>Mandarin Oranges</u> Hot Turkey w/Turkey Gravy Mashed Potatoes Carrot Coins WW Dinner Roll w/Promise Cranberry Sauce (Diet) Chocolate Pudding	12 Cottage Cheese, Milk (2) Tropical Fruit Mix, WW Bread (1) <u>Peanut Butter & SF Jelly</u> Crab & Pasta Salad on Spinach California Salad WW Dinner Roll <u>Apple</u> Chicken Strips w/Fajita Vegetables Spanish Rice Pinto Beans Flour Tortilla (1) SF Egg Custard	13 Mini Bagel w/Cream Cheese, Milk (2) Orange Juice <u>String Cheese</u> Barley Salad w/Mango Dressing Sliced Beef Strips Tomato & Red Onion Salad WW Dinner Roll <u>SF Cookies</u> Baked Ziti Italian Vegetable Blend Broccoli Breadstick Ambrosia	14 Oatmeal, Milk (2) Orange Pineapple Juice <u>Low Fat Yogurt</u> Chicken Quinoa Salad Carrot Raisins Salad WW Dinner Roll w/Promise <u>Tropical Fruit Mix</u> Egg Noodles w/Beef Stroganoff Sauce Peas & Carrots WW Dinner Roll w/Promise SF Cake	**15** "St. Patrick's Day Celebration" Hardboiled Egg, Milk (2) WW Bread w/Promise <u>Low Fat Yogurt</u> Mexican Chicken Bowl (Chicken strips, rice, corn & beans) Broccoli & Pepper Salad Baked Chips <u>Canned Apricots</u> Pork Tenderloin w/Asian Sauce Brown Fried Rice Oriental Vegetable Blend (Diet) Butterscotch Pudding

Suggested Donation is \$5.25 per day.


TURN OVER





March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
Mini Bran Muffin, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Tuna Pasta Salad on Spinach Carrot Raisins 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) Tropical Fruit Mix <u>Low Fat Yogurt</u> Veggie Egg Salad Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Promise <u>Apple</u> Mexican Fiesta Casserole Spanish Rice Pinto Beans (Diet) Pudding	Oatmeal, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Turkey Salad Vegetable & Couscous Salad WW Bread <u>Ambrosia</u> Pasta Primavera w/Romesco Sauce Broccoli Carrot Coins Breadstick SF Fruit Crisp	Mini Bagel w/Cream Cheese, Milk (2) Orange Pineapple Juice <u>Low Fat Yogurt</u> Beef Tamale Salsa Packet Tomato & Zucchini Salad <u>Tropical Fruit Mix</u> Chicken w/Florentine Sauce on 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 Mayonnaise Orange & Beets Salad <u>(Diet) Pudding</u> Baked Meatloaf w/Mushroom Gravy Sweet Potatoes Spinach Fresh Orange
25	26	27	28	29
Oatmeal & Raisins, Milk (2) <u>Low Fat Yogurt</u> Ham & Swiss Cheese Sandwich on WW Bread (2) w/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 <u>Peanut Butter & SF Jelly</u> Chicken Salad Broccoli & White Bean Salad WW Dinner Roll <u>Diced Pears</u> Penne Pasta w/Beef Bolognese Sauce Italian Vegetable Blend Breadstick SF Fruit Crisp	Cottage Cheese, Milk (2) WW Bread w/Promise <u>Diced Peaches</u> Veggie Egg Salad Quinoa Salad <u>(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 Raisins Salad <u>Tropical Fruit Mix</u> Pork Tenderloin w/ Apricot Sauce Baby Baker Potatoes Broccoli WW Dinner Roll w/Promise SF 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

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.