



Alignment Healthcare



FAIRHAVEN

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

Dignity Memorial® Providers

FD 1912 · FD 1313 / COA 659

2019 April Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Multigrain Cheerios, Milk (2) Orange Pineapple Juice <u>Low Fat Yogurt</u> Turkey Sandwich on WW Bread (2) Mayonnaise Chopped Veg & Couscous Salad <u>Pineapple Chunks</u> Swedish Meatballs w/Swedish Sauce on Egg Noodles Diced Carrots Fruited Gelatin	2 Cottage Cheese, Milk (2) Mandarin Oranges WW Bread w/Promise <u>String Cheese</u> Crab Salad on Spinach Bow Tie & Tomato Salad WW Dinner Roll w/Promise <u>Ambrosia</u> Grilled Chicken w/Chipotle BBQ Sauce Pinto Beans Spanish Rice SF Custard	3 Hardboiled Egg, Milk (2) Orange Juice <u>WW Bread w/Peanut Butter</u> Thai Chicken Salad w/Dressing Confetti Rice Salad WW Dinner Roll w/Promise <u>(Diet) Chocolate Pudding</u> Baked Pollock w/Sweet & Sour Sauce Brown Rice Broccoli WW Dinner Roll w/Promise Tropical Fruit Mix	4 Low Fat Yogurt, Milk (2) WW Roll w/Promise <u>Fruit Cocktail</u> Beef & Barley Salad w/Mango Dressing Carrot Raisin Salad WW Crackers (2 pkg) <u>SF Apple Crisp</u> Baked Meatloaf w/Mushroom Gravy Baby Baker Potatoes Spinach WW Dinner Roll w/Promise Canned Peaches	5 Mini Bagel w/Cream Cheese, Milk (2) Orange Pineapple Juice <u>Low Fat Yogurt</u> Chicken Drumsticks Broccoli Slaw WW Dinner Roll w/Promise <u>Apricots</u> Turkey Pot Roast w/Brown Gravy Mashed Sweet Potatoes California Vegetable Blend WW Dinner Roll w/Promise Diet Cake
8 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 Fruit Crisp	9 Oatmeal w/Raisins, Milk (2) <u>Low Fat Yogurt</u> Mexican Chicken Bowl w/Chicken, rice, beans, corn & cilantro lime dressing Baked Chips <u>SF Egg Custard</u> Baked Fish Pollock w/Pesto Sauce Orzo w/Vegetables Spinach Tropical Fruit Mix	10 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>(Diet) Butterscotch Pudding</u> Salisbury Steak w/Brown Gravy Mashed Potatoes Peas & Carrots WW Dinner Roll w/Promise Canned Peaches	11 Multigrain Cheerios, Milk (2) <u>Low Fat Yogurt</u> Greek Salad w/Garbanzo Beans & Chicken Strips Broccoli & Pepper Salad WW Dinner Roll w/Promise <u>Mandarin Oranges</u> Pork Tenderloin w/Caramelized Sauce Fried Brown Rice Asian Vegetable Blend (Diet) Chocolate Pudding	12 Cottage Cheese, Milk (2) Tropical Fruit Mix <u>Low Fat Yogurt</u> Hamburger Patty on WW Bun Mayonnaise Tomato & Red Onion Salad <u>SF Cookie</u> Spinach & Mushroom Quiche Sweet Potatoes Broccoli WW Dinner Roll w/Promise Canned Pineapple Chunks
15 Oatmeal, Milk (2) <u>Low Fat Yogurt</u> Grilled Chicken Breast Chopped Veg & Couscous Salad Cherry Tomatoes (5) WW Dinner Roll w/Promise <u>SF Apple Crisp</u> Shredded Pork w/Chile Verde Sauce Spanish Rice Pinto Beans Flour Tortilla (1) Canned Peaches	16 Hardboiled Egg, Milk (2) Orange Juice, WW Bread <u>Peanut Butter & SF Jelly</u> Mediterranean Tuna Salad on Spinach Broccoli Slaw Salad WW Dinner Roll w/Promise <u>Tropical Fruit Mix</u> Chicken w/Potatoes & Peas in Coconut Curry Sauce Brown Rice California Vegetable Blend WW Dinner Roll w/Promise (Diet) Banana Pudding	17 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 w/Promise Ambrosia	18 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 w/Promise Fruited Gelatin	** 19 Spring Celebration ** 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> Baked Ham w/Fruit Glaze Yams w/Marshmallows Green Beans w/Almonds Parker House Roll w/Promise Upside Down Pineapple Cake




Suggested Donation is \$5.25 per day.


TURN OVER



April 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>Multigrain Cheerios, Milk (2) <u>Low Fat Yogurt</u> Ham & Swiss Cheese Sandwich on WW Bread (2) w/Mayonnaise Cherry Tomatoes (5) Cucumber w/Black-Eyed Pea Salad <u>Mandarin Oranges</u> Hot Turkey w/Turkey Gravy Mashed Potatoes Carrot Coins WW Dinner Roll w/Promise Cranberry Sauce (Diet) Chocolate Pudding</p>	<p>23</p> <p>Cottage Cheese, Milk (2) WW Bread w/Peanut Butter <u>Tropical Fruit Mix</u> Crab & Pasta Salad on Spinach California Salad WW Dinner Roll w/Promise <u>Apple</u> Chicken Strips w/Fajita Vegetables Flour Tortilla (1) Spanish Rice Pinto Beans SF Egg Custard</p>	<p>24</p> <p>Mini Bagel w/Cream Cheese Milk (2), Orange Juice <u>String Cheese</u> Beef & Barley Salad w/Mango Dressing Tomato & Red Onion Salad WW Dinner Roll w/Promise <u>SF Cookies</u> Baked Ziti Italian Vegetable Blend Broccoli Breadstick w/Promise Ambrosia</p>	<p>25</p> <p>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</p>	<p>26</p> <p>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</p>
<p>29</p> <p>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</p>	<p>30</p> <p>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 Beef Casserole Spanish Rice Pinto Beans (Diet) Pudding</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.