



Alignment Healthcare





# 2019 May 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
 <b>Cinco de Mayo</b>	 <b>HAPPY mothers day</b>	1 Oatmeal, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Turkey Salad Vegetable & Couscous Salad WW Bread w/Promise <u>Ambrosia</u> Pasta Primavera Broccoli Carrot Coins Breadstick w/Promise SF Fruit Crisp	2 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	<b>** 3 **</b> <b>Cinco De Mayo Celebration</b> Hardboiled Egg, Milk (2) Orange Juice <u>String Cheese</u> Chicken Breast Sandwich on WW Bun w/Mayonnaise Orange & Beets Salad <u>(Diet) Pudding</u> Cheese Enchilads Spanish Rice Mexican Corn SF Custard
6 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	7 Hardboiled Egg, Milk (2) WW Bread <u>Peanut Butter &amp; SF Jelly</u> Chicken Salad Broccoli & White Bean Salad WW Dinner Roll w/Promise <u>Diced Pears</u> Penne Pasta w/Beef Bolognese Sauce Italian Vegetable Blend Breadstick w/Promise SF Fruit Crisp	8 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	9 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	<b>** 10 **</b> <b>Mother's Day Celebration</b> Mini Bagel w/Cream Cheese, Milk (2) <u>String Cheese</u> Mediterranean Tuna Salad on Spinach Lemon & Tomato Pasta Salad WW Dinner Roll w/Promise <u>Ambrosia</u> Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Roll w/Promise Cheesecake (Diet: Fresh Fruit)
13 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	14 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	15 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 Fish w/Sweet & Sour Sauce Brown Rice Broccoli WW Dinner Roll w/Promise Tropical Fruit Mix	16 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	17 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 SF Cake


Suggested Donation is \$5.25 per day.

TURN OVER 



May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>** 24 **</b>
Mini Bagel w/Cream Cheese, Milk (2) <u>Low Fat Yogurt</u> Chicken Quinoa Salad Tomato & Zucchini Salad WW Dinner Roll w/Promise <u>50/50 Orange Whip</u> Butternut Squash Pasta w/Feta Cheese Broccoli & Carrots WW Dinner Roll w/Promise SF Fruit Crisp	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	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	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	<b>Memorial Day Celebration</b> 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> BBQ McRib Mashed Potatoes Carrot Coins WW Dinner Roll w/Promise Apple Pie (Diet: Fresh Fruit)
<b>** 27 **</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
 <p style="text-align: center;"><i>Memorial</i> DAY</p>	Hardboiled Egg, Milk (2) Orange Juice, WW Bread <u>Peanut Butter &amp; 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	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	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	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 w/Promise Pineapple Chunks

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.