



Alignment Healthcare



**FAIRHAVEN**

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

### 2019 June Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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	Cottage Cheese, Milk (2) WW Bread w/Peanut Butter <u>Tropical Fruit Mix</u> Crab & Pasta Salad on Spinach California Salad WW Dinner Roll <u>Apple</u> Chicken Strips w/Fajita Vegetables Flour Tortilla (1) Spanish Rice Pinto Beans SF Egg Custard	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	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	Hardboiled Egg, Milk (2) WW Bread w/Promise <u>Low Fat Yogurt</u> Mexican Chicken Bowl w/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
10	11	12	13	<b>** 14 **</b>
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 Beef 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 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	<b>Father's Day Celebration</b> Hardboiled Egg, Milk (2) Orange Juice <u>String Cheese</u> Chicken Breast Sandwich on WW Bun Mayonnaise Orange & Beets Salad <u>(Diet) Pudding</u> Stuffed Bell Pepper Baby Baker Potatoes w/Promise Chef Cut Vegetables Parker House Roll IW Chocolate Cake
17	18	19	20	21
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 &amp; 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

Suggested Donation is \$5.25 per day.


TURN OVER



June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
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	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	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	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	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



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.