## 2019 October Home Delivered Meals Menu

**MONDAY**

| 1 | Mini Muffin, Milk (2)  
Orange-Pineapple Juice  
Low Fat Yogurt  
Chicken Drumstick  
Coleslaw Salad  
WW Dinner Roll w/Promise  
Canned Pears  
Veggie Chili w/Chopped Onions & Shredded Cheese  
Broccoli  
Corn Muffin w/Promise  
Mandarin Oranges |
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**TUESDAY**

| 2 | Cottage Cheese, Milk (2)  
Fruit Cocktail  
Beef Hamburger on WW Bun  
Tomato & Red Onion Salad  
Mayonnaise  
Orange Juice  
Fruited Gelatin  
Baked Fish w/Pesto Sauce  
Spanish Rice  
Green Beans  
WW Dinner Roll w/Promise  
SF Apple Crisp |
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**WEDNESDAY**

| 3 | Oatmeal, Low Fat Yogurt, Milk (2)  
WW Bread with WW Bun  
Cheese Omelet  
Apple Chicken Sausage  
Redskin Potatoes  
Peas & Carrots  
WW Dinner Roll w/Promise  
Mandarin Oranges |
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**THURSDAY**

| 4 | Oatmeal, Low Fat Yogurt, Milk (2)  
Orange-Pineapple Juice, WW Bread w/Promise  
Chicken Salad  
Spring Mix w/Vinaigrette Dressing  
Cherry Tomatoes  
WW Bread w/Promise  
Tropical Fruit Mix  
Bratwurst / Sauerkraut  
German Potato Salad  
Baby Whole Carrots  
WW Pretzel  
IW Chocolate Cake |
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**FRIDAY**

| 5 | Hardboiled Eggs (2), Milk (2)  
WW Bread with Peanut Butter & SF Jelly  
Orange Juice  
Beef Burrito  
Mexican Corn, Zucchini & Tomato Salad  
Canned Apricots  
Port Tenderloin w/Brown Gravy  
Sweet Mashed Potatoes  
California Vegetable Blend  
WW Dinner Roll w/Promise  
Fresh Apple |
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**Suggested Donation is $5.25 per day.**

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**TURN OVER**
MONDAY
21
Hardboiled Egg (1), Milk (2)
Orange Juice, String Cheese
WW Bread w/Promise & SF Jelly
Mediterranean Provencial Tuna Salad
Cucumber w/Black-Eyed Peas Salad
WW Dinner w/Promise & Ambrosia
Roast Turkey w/Gravy & Cranberry Sauce
Mashed Potatoes w/Promise
Broccoli
Peaches

Oatmeal, Milk (2)
Orange-Pineapple Juice
Low Fat Yogurt
Mediterranean Provencial Tuna Salad
Cucumber Tomato & Onion Salad
Wheat Crackers (3)
SF Cake
Zucchini & Egg Casserole
Baby Baker Potatoes
Diced Carrots
WW Dinner Roll w/Promise
Mandarin Oranges

Cottage Cheese, Milk (2)
Orange-Pineapple Juice
½ Chicken Deli Sandwich
w/Swiss Cheese
Turkey Wrap on Flour Tortilla
(Sliced turkey, peppers, spring mix & ranch dressing)
Coleslaw Salad
Mrs. Friday’s Fish
Cilantro Lime Rice
Sliced Carrots
WW Dinner Roll w/Promise
Ambrosia

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.

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