

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS


## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>BEEF STEAK W/ ONION GRAVY</b> MASHED POTATOES GREEN BEANS <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE</p> <p style="text-align: right;"><b>1</b></p>	<p><b>MACARONI &amp; CHEESE</b> BROCCOLI BAKED TOMATO HALF <b>FISH STICKS</b> MASHED POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE ORANGE JUICE</p> <p style="text-align: right;"><b>2</b></p>	<p><b>BBQ BEEF</b> BAKED BEANS HASH BROWNS <b>CHEESE CANNALONI</b> GREEN BEANS PEAS AND CORN OATMEAL COOKIES FRUIT COCKTAIL</p> <p style="text-align: right;"><b>3</b></p>	<p><b>ROTINI IN A SAVORY MEAT SAUCE</b> ITALIAN BLEND VEGETABLES SPINACH <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES</p> <p style="text-align: right;"><b>4</b></p>	<p><b>CHICKEN FETTUCCINI</b> GREEN BEANS HARVARD BEETS <b>CHILI</b> GREEN PEAS CORN &amp; CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>5</b></p>
<p><b>SWISS STEAK</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN TAPIOCA PUDDING</p> <p style="text-align: right;"><b>8</b></p>	<p><b>MEATLOAF &amp; GRAVY</b> BAKED POTATO CALIFORNIA BLEND VEGETABLES <b>HONEY MUSTARD HAM</b> SWEET POTATOES FRENCH CUT GREEN BEANS APPLE SAUCE ORANGE JUICE</p> <p style="text-align: right;"><b>9</b></p>	<p><b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>CHICKEN CHOW MEIN OVER BROWN RICE</b> GREEN PEAS CORN OATMEAL COOKIES WHEAT BREAD</p> <p style="text-align: right;"><b>10</b></p>	<p><b>POLISH SAUSAGE</b> BAKED TOMATO COUNTRY STYLE HASH BROWNS <b>TERIYAKI CHICKEN OVER RICE</b> CREAMED CORN GREEN PEAS WHOLE WHEAT BREAD POUND CAKE</p> <p style="text-align: right;"><b>11</b></p>	<p><b>TURKEY ENCHILADA CASSEROLE</b> SPANISH RICE BROCCOLI <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES ORANGE JUICE CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>12</b></p>
<p><b>BARBEQUE CHICKEN</b> MASHED POTATOES CREAMED SPINACH <b>MACARONI SHELLS IN MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING</p> <p style="text-align: right;"><b>15</b></p>	<p><b>TERIYAKI MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES BROCCOLI <b>CHICKEN CORDON BLEU OVER BROWN RICE</b> CALIFORNIA BLEND VEGETABLES CORN ORANGE JUICE AMBROSIA</p> <p style="text-align: right;"><b>16</b></p>	<p><b>BARBEQUE BEEF</b> BAKED BEANS BAKED POTATO <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI ORANGE PINEAPPLE JUICE FRUIT COCKTAIL</p> <p style="text-align: right;"><b>17</b></p>	<p><b>CHICKEN PRIMAVERA CASSEROLE</b> ITALIAN BLEND VEGETABLES GREEN BEANS <b>MEATLOAF &amp; TOMATO SAUCE</b> GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES</p> <p style="text-align: right;"><b>18</b></p>	<p><b>CHICKEN PARMESAN</b> SPAGHETTI &amp; SAUCE SPINACH <b>BEEF STROGANOFF OVER NOODLES</b> CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>19</b></p>
<p><b>SLICED TURKEY &amp; GRAVY</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN POUND CAKE ORANGE JUICE</p> <p style="text-align: right;"><b>22</b></p>	<p><b>CHICKEN MARSALA</b> BROWN RICE BRUSSELS SPROUTS OVEN BAKED TOMATO HALF <b>SALISBURY STEAK WITH GRAVY</b> CARROTS PEAS OATMEAL COOKIES APPLESAUCE</p> <p style="text-align: right;"><b>23</b></p>	<p><b>SPINACH CANNELLONI</b> CORN CALIFORNIA BLEND <b>TURKEY ENCHILADA CASSEROLE</b> CARROTS AND PEAS GREEN BEANS WHEAT BREAD FRESH FRUIT POUND CAKE</p> <p style="text-align: right;"><b>24</b></p>	<p><b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>TERIYAKI CHICKEN OVER RICE</b> PEAS ASIAN VEGETABLES CHOCOLATE PUDDING</p> <p style="text-align: right;"><b>25</b></p>	<p><b>ROTINI &amp; MEAT SAUCE</b> ITALIAN GREEN BEANS HARVARD BEETS <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS</p> <p style="text-align: right;"><b>26</b></p>
<p><b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>CHICKEN FAJITAS WITH PEPPERS &amp; ONIONS</b> BROCCOLI HOT APPLE BETTY CHOCOLATE CHIP COOKIES</p> <p style="text-align: right;"><b>29</b></p>	<p><b>MEATLOAF &amp; MUSHROOM GRAVY</b> ITALIAN BLEND VEGETABLES BAKED POTATO <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES ORANGE JUICE OATMEAL COOKIES</p> <p style="text-align: right;"><b>30</b></p>	<p><b>TUNA CASSEROLE</b> GREEN PEAS HARVARD BEETS <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA POUND CAKE WHEAT BREAD ORANGE JUICE</p> <p style="text-align: right;"><b>31</b></p>	 <h1 style="font-size: 4em; margin: 0;">March 2021</h1>	

# Home Delivered Breakfast

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>1</b>	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>2</b>	ORANGE PINEAPPLE JUICE TOASTED OATS YOGURT LOW FAT MILK  <b>3</b>	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  <b>4</b>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  <b>5</b>
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>8</b>	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>9</b>	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  <b>10</b>	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>11</b>	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK  <b>12</b>
ORANGE PINEAPPLE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>15</b>	BANANA BRAN FLAKES YOGURT LOW FAT MILK  <b>16</b>	FRESH FRUIT WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  <b>17</b>	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK  <b>18</b>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  <b>19</b>
SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK  <b>22</b>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>23</b>	ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK  <b>24</b>	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK  <b>25</b>	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK  <b>26</b>
ORANGE PINEAPPLE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  <b>29</b>	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK  <b>30</b>	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK  <b>31</b>		

**March  
2021**