



***Indicates Breakfast**

Irvine Meals on Wheels

June 2019

Menu may be subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cream Cheese Bagel Potato Salad Green Bean Salad Apple Slices *Hard Boiled Egg, WG Toast Peanut Butter 3	Spaghetti & Meatballs Garden Salad/Vinaigrette Sunflower Broccoli Salad Fresh Fruit Cup *Bran Flakes, Lowfat Yogurt 4	Roast Beef Wrap, Lettuce Cucumber Salad Macaroni Salad Fresh Fruit Cup *Oatmeal, Raisins, Yogurt Parfait, Orange Juice 5	Tuna Stuffed Tomato Carrot Raisin Salad Broccoli Slaw Sugar Free Cake of the Day *Waffle, SF Syrup, Promise, Strawberries 6	Ravioli Salad Spring Green Salad/Vinaigrette Garlic Whole Grain Bread SF Fruit Crisp *Cottage Cheese, Tropical Fruit Mix, Breakfast Bar 7
Beef Enchilada Bake Corn & Black Bean Salad Sugar Free Cookie *Egg Patty Sandwich, Orange Juice 10	Split Pea Soup Cheese & Fruit Plate Bran Muffin Almond Cake *Pancake, SF Syrup, Promise 11	Chicken Salad Sandwich/Lettuce Whole Wheat Bread Green Pea Salad Marinated Carrots Ambrosia *Granola Bar, LowFat Yogurt, Orange Juice 12	Tuna Noodle Casserole Garden Green Salad/Vinaigrt Apple Waldorf Salad Mandarin Oranges *Scrambled Egg & 1/2 Tomato WG Bread, Promise 13	Turkey and Rice Bowl Whole Wheat Dinner Roll Carrifruit Salad Fruit Crisp *Rice Chex Cereal, Cantaloupe Cup 14
Roasted Carrot Hummus Whole Wheat Pita Bread Apple & Kale Salad Carrot & Celery Sticks Fresh Fruit Cup *WW Toast, Peanut Butter, Jelly, Cheese Stick, Yogurt 17	Healthy Tuna Wrap Coleslaw with Pineapple Macaroni Salad SF Pudding of the Day *Bran Flakes, French Toast, SF Syrup, Banana 18	Beef Fried Rice Lotus Blossom Salad Apricot Cake *Country Breakfast Bowl, Orange Juice 19	Chicken Apricot Salad Spinach Salad/Vinaigrette Watermelon Cup *Bagel, Cream Cheese, SF Jelly, Orange Pineapple Juice 20	Turkey Burger, Lettuce, Tomato WW Hamburger Bun Sweet Potato Salad Sunflower Broccoli Salad Tropical Fruit Mix *Oatmeal, Cranberries, LF Yogurt 21
Curried Turkey Pasta Artichoke and Chickpea Salad WW Dinner Roll, Promise Orange Sections *Whole Grain Cheerios, Hard Boiled Egg, Banana 24	Tuna Salad Sandwich, Lettuce Tomato, WW Bread Carrot Raisin Bread Custard with Berries *Pancakes, SF Syrup, Promise, Yogurt Fruit Parfait Orange Juice 25	Chicken Nuggets/BBQ Sauce Creamy Coleslaw Red Potato Salad Mandarin Oranges *Italain Crepe, WG Bread, Promise 26	Roasted Tomato Bisque Brown Bean Salad, SF Cookie WW Dinner Roll, Diced Pears Tuscan Kale Caesar Salad *Breakfast Bar, LF Yogurt, Orange Juice 27	Salisbury Steak & Mushroom Gravy Mashed Potatoes Seasoned Carrots Honeydew and Strawberries *Spinach Quiche, Bran Muffin 28
Indicates Special Menu + that has not been analyzed sodium content may exceed 2,300 mg				Denotes Sodium Higher than 2,300 mg per day, condiments and salad dressings are not analyzed and may increase sodium 